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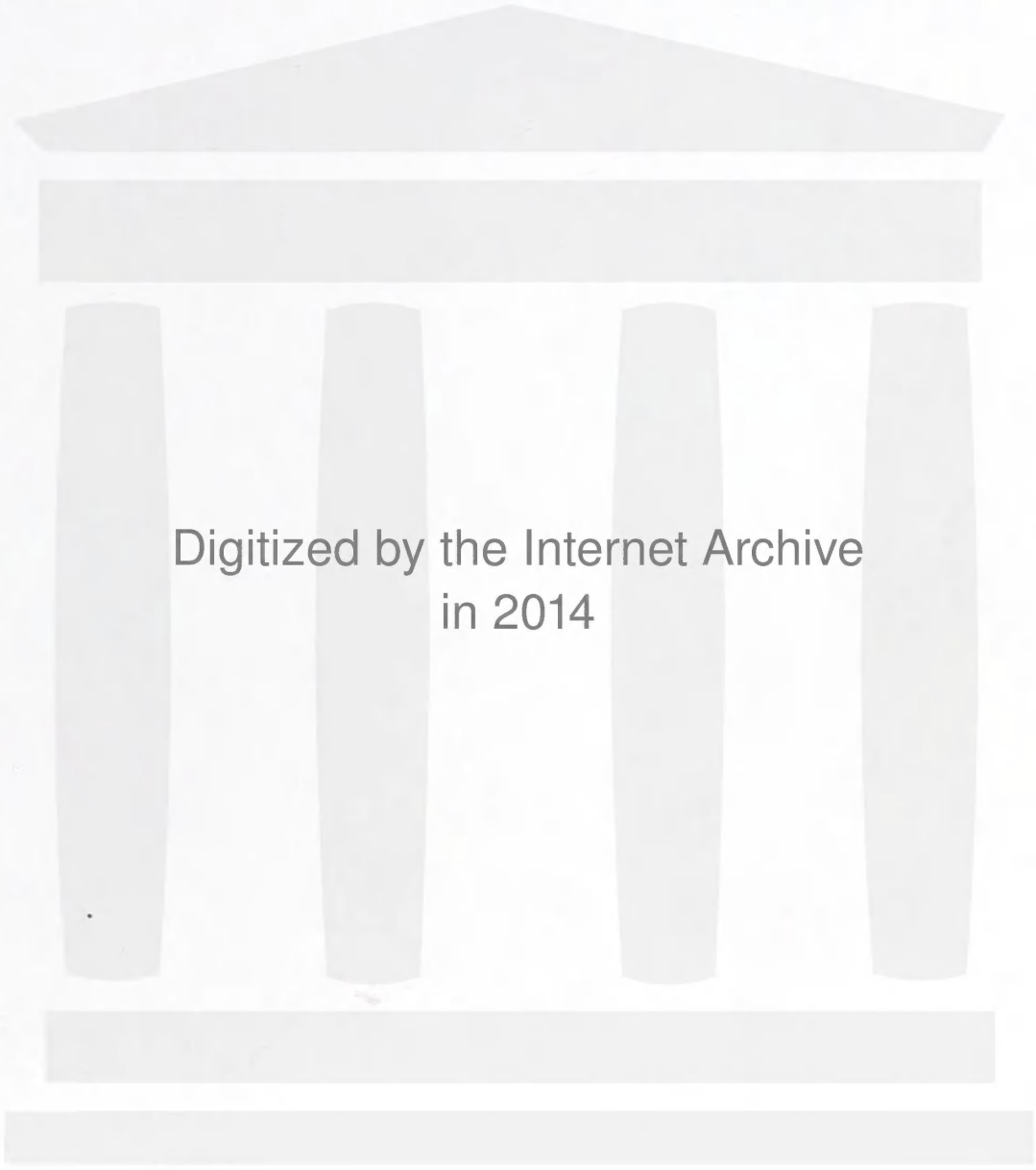
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ACLE OR MADNESS?
BY AFTER MENOPAUSE

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HOW WOMEN COPE IN THESE UNCERTAIN TIMES

GLENN CLOSE
"MOTHERHOOD MADE ME A NICER PERSON"

LOW-FAT DESSERTS THAT TASTE GREAT

ROSEANNE'S RESOLUTIONS
SHE'S CHANGING HER WAYS

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& DANA DELANY
TV'S SWEET AND SEXY STARS

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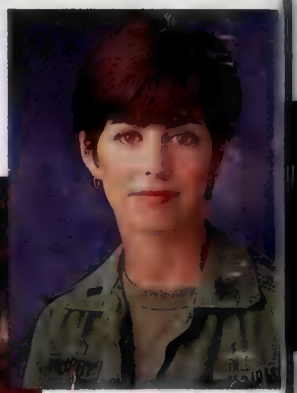

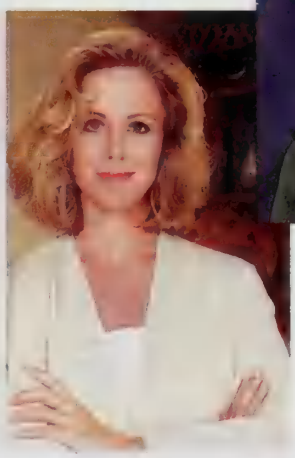

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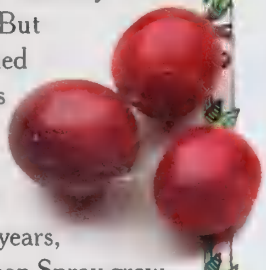

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Cover: photo of Close, Clive Coote. Insets: Kerns and Barr, Randy Harmon; Delany, D. Kirkland/Sygma. Photos, this page, from top: Nesti Mendoza, Jerry Simpson.

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EDITOR'S JOURNAL

FROM RUSSIA WITH LOVE

By Myrna Blyth

As you may have heard, *Ladies' Home Journal* is the only American women's magazine to publish a special Soviet edition. I went to Moscow for the launch, gave a party for one hundred and fifty Soviet officials and celebrities, even appeared on TV! Women in the U.S.S.R. loved the issue. For more about Russia today, see Up front, page 94.

Here I am in Red Square (left); *LHJ* on the newsstand (far right); meeting new readers at McDonald's (below)

I also talked with leading women magazine editors (near left), top journalists and TV stars (below)

Barry Shipp, Vic Zast and Joe Aramanda, of Dare Fragrance by Quintessence, the issue's sponsor

Galena Semenova, the only woman in the Politburo, wears a "Never Underestimate the Power of a Woman" pin

Even Mrs. Gorbachev called me to offer her congratulations and best wishes on *LHJ*'s history-making issue

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CAN THIS MARRIAGE BE SAVED?

"I MARRIED A MILLIONAIRE"

Susan's marriage to an older, wealthy man seemed like a dream come true. But Christopher's constant criticism of everything she did was literally making her sick.

By Margery D. Rosen

SUSAN'S TURN "Christopher said we should see you, and he's usually right," said Susan, twenty-three, a strikingly beautiful young woman whose eyes were shadowed from lack of sleep. "This past year has been awful. We fight all the time about everything. Christopher says I spend too much time with the baby. He says I should know better than to allow Jason, our fourteen-month-old, to wander everywhere, getting cracker crumbs in the living room and dining room. He says I'm never there for him, that the house is a mess, dinner is terrible.

"I feel so scared. It all started about two years ago, actually. I had just found out I was pregnant, and I was thrilled. Christopher wasn't dying to have kids—at the time, we'd barely been married a year—but he said he was pleased.

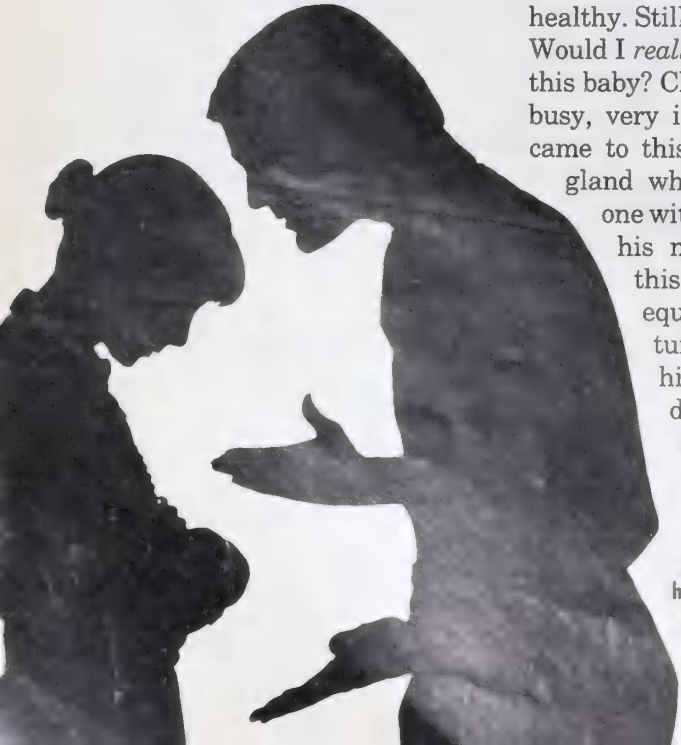
"Anyway, I was walking down the street one day, and all of a sudden, I felt my throat tightening and I couldn't swallow. I started gasping for breath. I almost passed out. Thankfully, a neighbor was walking by, saw me and helped me home. After resting, I felt better.

"I assumed my symptoms were related to my pregnancy. I told the doctor, who said I was doing just fine and the baby was healthy. Still, I started to worry: Would I *really* be able to handle this baby? Christopher is a very busy, very important man. He came to this country from England when he was twenty-one with hardly a nickel to his name, and he's built this major business-equipment manufacturing company all by himself. His workdays are long and exhausting.

"I had a perfect delivery, but after Jason was born, my symptoms got even worse. At first, Christopher was wonderful. He took me to all the best doctors in New York. One told me I had asthma, so I walked around for a while with this inhaler. But it didn't help. I was sure I was having a heart attack, but a famous cardiologist assured us that I was healthy as a horse and should just try to relax. At that point, I think Christopher just gave up on me.

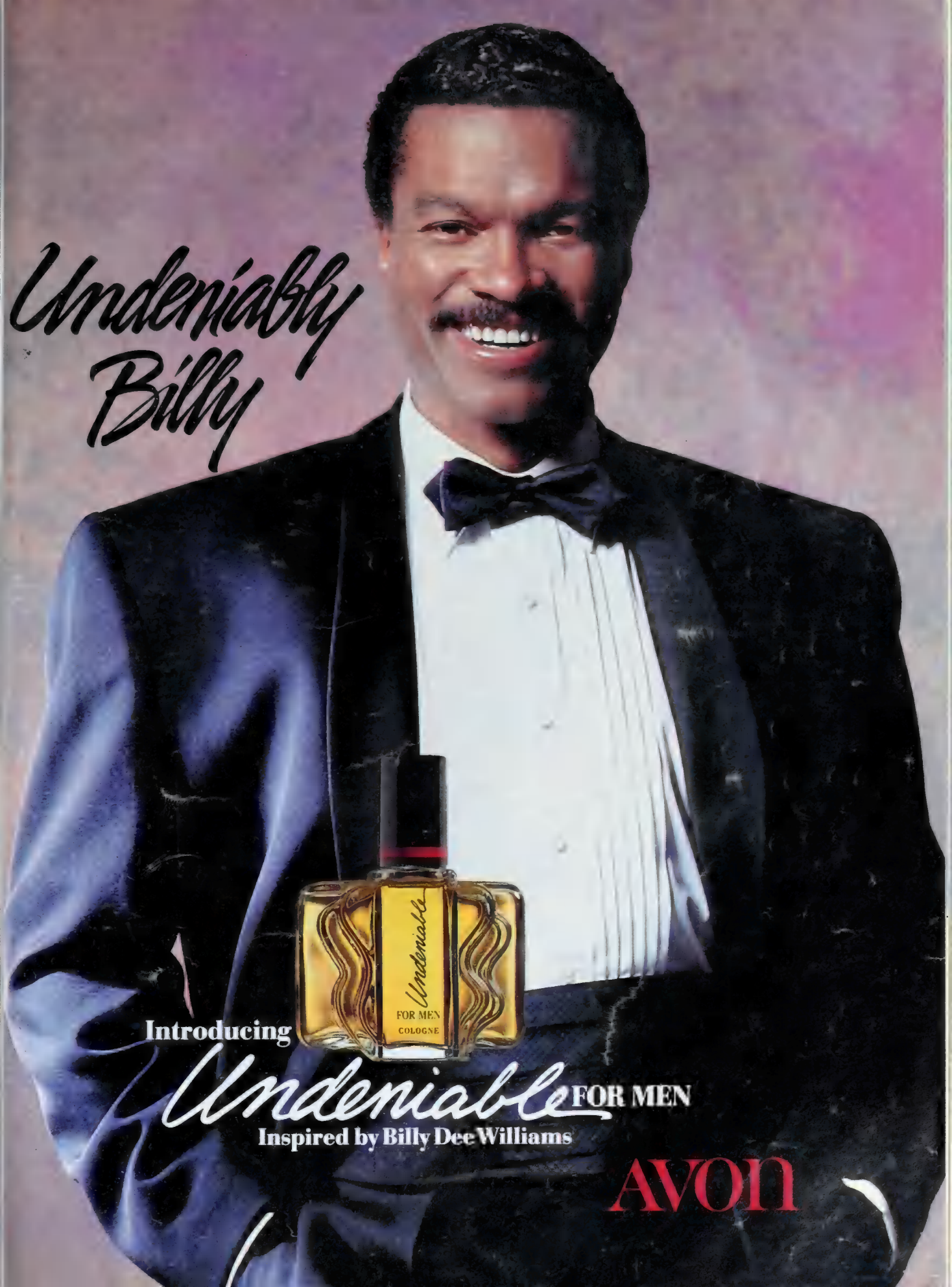
"Anyway, Christopher hasn't been much help with the baby. Oh, I know he adores Jason and loves to play with him, but he never likes to do things like feed or bathe him. If I'm tired, he says, 'Go hire someone to help.' Well, I'm not comfortable doing that. Is it unreasonable to expect a father to want to spend more time with his son?

"I just feel so overwhelmed. I can't do everything around here, especially now that we're in the middle of this huge renovation. I loved our other apartment, but Christopher wanted a large place, so he bought these two apartments. *(continued)*



Tom Arma

Introduced thirty-eight years ago, CAN THIS MARRIAGE BE SAVED? is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews and information from the files of Evelyn Moschetta, D.S.W., and Paul Moschetta, D.S.W., a husband-and-wife counseling team based in New York City and Bay Shore, Long Island. The story reported here is true, though names and details have been changed to conceal identities. CAN THIS MARRIAGE BE SAVED? is a registered trademark of Meredith Corporation.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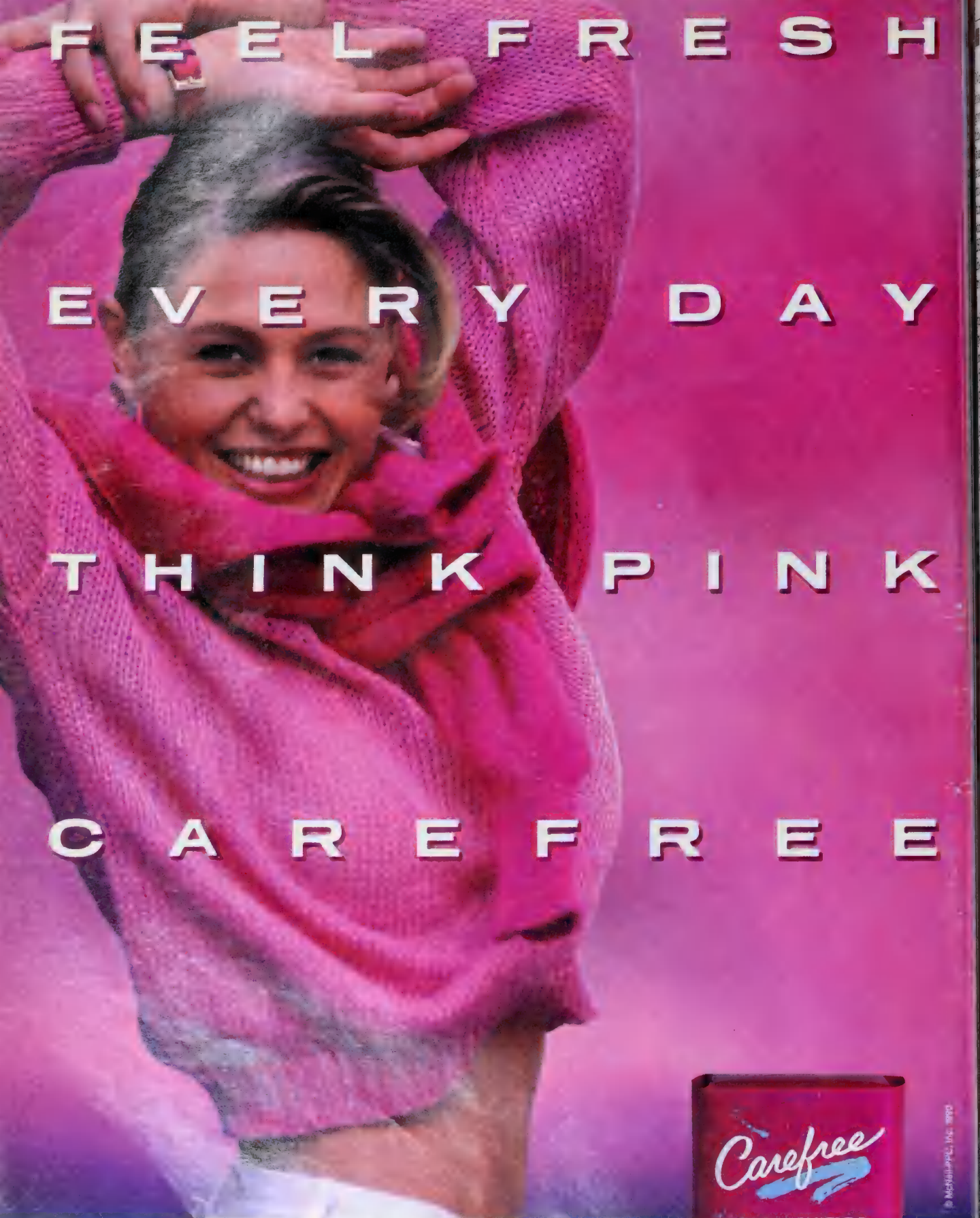

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I CAN THIS MARRIAGE

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ow they're doing this construc-on all around us. I know it will be rgeous—Christopher is bringing in e finest marble from Italy for the throoms, and he's hired the best deco-tor in the city. But he's such a perfec-onist. If everything isn't exactly so, if e carpenters leave a speck of sawdust the floor, my husband goes crazy. e'll pout for hours, or get one of his eadaches and disappear into the bed-om for days.

"We probably argue the most, ough, about dinner. Christopher ex-cts a gourmet meal on the table every ight. Last week, I took the baby to a iend's house—I don't know very many eople, and this lovely woman I met at a Mommy and Me' class invited us over. nyway, it was a wonderful afternoon, nd I lost track of the time. When I got ome, it was too late to start dinner, so I rdered in a barbecued chicken.

"Well, Christopher was livid. He ent on and on about how I couldn't ossibly love him if I was serving him ake-out chicken. I couldn't believe it, ut he was quite serious. And he was st as livid when he discovered that I ad bought only plums and peaches at e market. He wants an array of fruit choose from, otherwise he says ere's nothing to eat.

"Nothing pleases him. Certainly not y friends or any of the activities I uggest. And he can be unbelievably ude to people.

"Our sex life is practically nonexis-ent. When we first met, Christopher as very into drugs, and we'd go out to inner, come back, get high and make ve. But one night I had this terrible eaction—a convulsion, really—and af-er that I refused to do any more drugs. I egged him to stop, too, and he finally id—that night scared him also. I think e started having sexual problems hen. Of course, since we're fighting so uch, who's in the mood?

"And now there's this problem with y mother. She had another fight with er landlord, and she was evicted from er apartment and has absolutely no lace to go. We have a zillion empty ooms, so I suggested we have Mother ove in with us.

"Well, Christopher won't hear of it. ook, I know my mother is a kook. She's lways been a little wild and nutty, but n a wonderful way. My father, whom I dored, was the solid one in the family, ut he died of cancer when I was twelve. t was horrible for Mother to watch him lie. We never spoke about it; it was uch too painful and I didn't want to pset her further.

"After his death, Mother seemed to get even kookier. She'd be gone most of the day, working at one odd job or another. We had very little money, and our tiny apartment was a menagerie. At one point, we had nine puppies, three cats, a few gerbils and an alligator.

"But though she wasn't a good mother by most people's standards, I knew she loved me and wanted the best for me. Somehow, she saved enough money to buy me pretty dresses and send me to a fancy private school.

"Even so, I hated school and couldn't wait to get out. I met Christopher when I was eighteen. My friend was dating Christopher's cousin, and she introduced us. Christopher was thirty-eight then, but the age difference has never been a problem for us.

"I think I fell in love with him on our first date. He was so wise and sophisticated, and I adored that British accent. He had no family—both his parents died about ten years ago, and he rarely speaks to his sister—and I became very important to him. We dated for a year and then got married. I did a little modeling for a while, but my heart wasn't in it. I wanted to have a baby, and I finally convinced Christopher.

"So now you know it all. I love Christopher, and I want us to be happy again. But it's impossible to discuss anything with him. He can argue circles around me; I never know what to say."

CHRISTOPHER'S TURN

"Of course I'm upset about Susan," snapped Christopher, forty-three, a tall man with dark hair graying at the temples. "But enough is enough. We've been to some of the finest doctors in New York. Everyone says she is fine. It's time to get on with our lives.

"Okay, if we're going to do this, let's go through it point by point. Susan is just not paying enough attention to me or the marriage. I work very hard all day. My business is extremely stressful. When I come home, I expect my wife to have taken the time to prepare a decent meal. I do not consider greasy barbecued chicken to be a decent meal. She has plenty of time all day long to be with her friends, to cater to the baby—whatever it is she does.

"Look, Susan has certain responsibilities that she is not fulfilling. My job is to support the family. Her job is to run the home smoothly and efficiently. I've also told her a hundred times that if she is so overworked, she should hire someone to care for Jason, cook meals and clean the house. We have the money. I can't understand why she doesn't do it.

"Susan just doesn't respect the things that are important to me. How could she allow a fourteen-month-old to munch crackers and spill juice on the Aubusson carpet? I am *(continued on page 18)*

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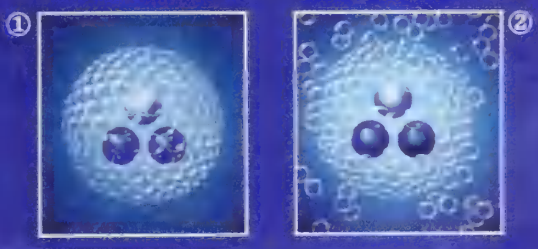

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CAN THIS MARRIAGE

continued from page 15

trying to provide her with a beautiful home, and she shows no respect for that either. Since I'm paying a bloody fortune for this renovation, I expect everything to be done perfectly.

"You know, I came to this country with nothing. I was raised in a small town about a half hour from London. My parents were very poor. Father was a schoolmaster, cold and autocratic. My younger sister, Diana, and I were terrified of him. My parents fought constantly and violently. I was afraid to bring any friends home, so I was very much alone as a child. I remember one time when I was about thirteen, they were screaming at each other, and I marched into the dining room and told them that Diana and I couldn't stand living with them any longer. You know what Mother did? She left. 'You give me no choice,' she told me. 'Since your father won't leave, I will have to.' She moved to a flat in London, and I saw her maybe once or twice a year from then on. Both my parents died about ten years ago.

"I hated school, and when I was sixteen, I left home for good. I bounced around from one odd job to another, did a lot of drugs, had affairs with a lot of women. I had a cousin in New York, so with about two hundred dollars to my name, I came to the States and found a job in a factory. It was hard work, but it was a start. And you can see I've done quite well for myself.

"I really had no intention of getting married. But when I met Susan, I was smitten. She was so sweet and innocent and absolutely beautiful. Certainly, I was very attracted to her physically, but also, unlike the older women I had been seeing, there was a real caring, loving quality about her. I adored taking her to fine restaurants and the theater. She seemed perfectly happy before. I don't understand at all why she is so unhappy now.

"I am not rude to her friends. I prefer to come home at the end of the day and sit quietly and read. I've never had a lot of friends, and I don't see why I should start now. Besides, unlike my wife, I don't feel particularly comfortable with people.

"Now let's discuss her mother. I feel very sorry that her mother is in distress, but her mother is *always* in distress. She calls up in the middle of the night, hysterical about one thing after another. I've told Susan I will do everything in my power to help her find another apartment. But moving in with us is out of the question. I've had a lot more experience than Susan has. I know people, and I know that if her mother comes to live with us, she will never leave. And we will have absolutely no privacy.

"I don't know what else to say. I suggested we come because Susan obviously needs help."

THE COUNSELORS' TURN

"When this couple first came to see us, Susan seemed quite ill," said the counselors. "She had already been to several top physicians, and, as she spoke, it was clear to us that her problems were psychosomatic in origin: She literally could not swallow what was happening in her marriage.

"Since Susan had always catered to Christopher, he couldn't understand what had changed. He expected to always be the center of her universe, and he was furious that she was giving so much to the baby and nothing to him.

"When Susan met Christopher, she was only eighteen. Though her eccentric mother loved her and tried to provide her with the accoutrements of a good life, she was so wrapped up in her own world, in fact, that she paid little attention to her daughter and provided no stability for her. Susan's father had provided that much-needed security, but when he died there was a vacuum that needed to be filled. Sadly, Susan was never able to express any negative feelings to her mother, to say, for instance, 'I'm upset that Daddy died, that you're not paying attention to me, that the house is a mess.' She submerged those unhappy feelings and continued to do so in her marriage.

"Susan, then, was looking for a father, a man who could rescue her and treat her like a princess. The fact that Christopher was initially into drugs—well, that was part of his world, and she joined him in it. However, as a new bride, Susan felt terribly inadequate. She had never finished her education, and the fact that she didn't have any skills or career possibilities made her even more dependent on her husband. When she finally fulfilled her dream of being a mother, she at last had a sense of identity. It was understandable that she would devote herself completely to the baby's care.

"Despite his financial success, however, Christopher was also totally lacking in self-esteem and self-confidence. His mother's desertion made him feel desperately unloved and unlovable. To compensate, he created an illusion of happiness: his own perfect world in which no one was allowed to make a mistake. He wanted to be an English lord of the manor, complete with a British apartment and a beautiful wife.

"Although this couple may sound like characters in a romance novel, they were far from a happily-ever-after ending and had to overcome many complex marital problems. For example, Chris-

her wanted intimacy but feared it so
ch that the only way he could have a
ıtionship was with a much younger
nan over whom he would have total
trol. For the same reason, he had
ed on drugs to get high whenever
y made love. Unless he anesthetized
ıself, he felt too vulnerable to get
ıe. Indeed, Christopher was so emo-
ıally needy that food became sym-
ic to him of love and nurturing.
en Susan failed to cook for him, he
s convinced that she didn't love him,
l he would often develop a migraine
dache or sulk for days.This widened
distance between them.

Also, as a couple, Susan and Christo-
r had no friends and few interests.
fact that they had a child so early in
ir relationship compounded these
blems; they had never developed a
ı enough foundation to withstand
pressures of new parenthood.

In the beginning, Susan had been so
ch in awe of her husband that she
ered to him the way he wanted. But
ı, the pressure of denying her own
ings and submerging her anger be-
ıe so great that she became physical-
ll. The first step was to help Susan
ognize her anger instead of turning
feelings into symptoms and literally
ing it out on her body. Once we
ıted this out, we were able to help
develop enough self-confidence to
ak up and make her needs known.

One technique that was very helpful
s imagining together a worst-case
ıario. We asked her what would be
worst thing that could happen if she
l her husband exactly how she felt.
would be very angry with
. . . my marriage would end,' she
l us. 'Perhaps I'd have to move to a
ıller apartment. I'd also have to
n some skills to support myself,'
added. 'I'm smart, though. I can do
t,' she told us.

As we talked, Susan began to see
t the worst case was not as bad as
ıt she was living through now. And
she found the courage to express
self, her symptoms began to subside.
time she was able to say simply,
ristopher, I do love you very much,
I cannot make a gourmet meal for
every night.' She also told him that
wanted him to spend more time
ıe with Jason.

An important step for Susan was
en she decided to take driving les-
s. Once she learned how to drive, she
n't feel trapped in the city and she
s able to visit with friends, whether
ıot Christopher wanted to join her.
s dependent on her husband,
an no longer felt so angry with
ı. She also hired a baby-sitter to
ıe in during the afternoon so she
ld take in an art class and a
secretarial course at a college nearby.

"Christopher was less receptive to our suggestions. So sure that he was right, for weeks he pooh-poohed even the implication that his behavior could possibly be causing any problems. In time, however, as he realized how serious Susan was, he really did begin to change. One dramatic session proved to be a turning point for him: Christopher began talking about his childhood and how he felt about his mother's desertion. He broke down, sobbing. Clearly, he had never forgiven himself for having caused her to leave. Once he was able to understand that his mother's leaving was her problem and, despite what she had said, had not been his fault, he was able to see how he was substituting material possessions for real intimacy and what he was doing to push Susan away. 'You have to nurture yourself,' we told him, 'and not expect someone to always do it for you.'

"At one point, we suggested that if he wanted to have a fancy dinner at night, perhaps he should cook it himself. Christopher rose to the challenge: He made a point of leaving work early to stop by the market and come home and cook dinner. He found, too, that cooking was something creative that he really enjoyed, and it helped him relax after a day at work. Together, he and Susan have enjoyed selecting recipes to try.

"Once he was more receptive to change, Christopher was able to see that his expectations were totally unrealistic. If he wanted to be loved, we said, he had to be loving in return. And that meant not being so demanding, caustic and critical. Christopher began to pay more attention to what he said and how he said it. Susan has enrolled Jason in a play group, and now, once a month, Christopher takes him there. Through this group they have met other couples with children the same age as their son. Christopher forced himself to accept invitations to their homes and was surprised but pleased to find that these people seemed to like him. As the general tension eased, and Susan began to feel physically better, they made love more frequently and were finally able to develop a closeness that had long escaped them.

"Regarding the problem with Susan's mother, we told Susan that Christopher was right: Having her move in would only aggravate their own problems. Instead, Christopher found an apartment for her a few blocks away.

"This couple terminated therapy after fourteen months. Though Christopher still has a tendency to boss his wife around, he has mellowed considerably. Most important, he treats her as an equal partner in the marriage—which is what Susan asks." ■

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THE SADDEST FAREWELL

Losing a parent is one of life's most difficult passages. But when my mother became critically ill, I was comforted by the fact that I could be there for her and have the chance to say good-bye. **By Geraldine Ferraro, as told to Laurie Sue Brockway**

Geraldine Ferraro's mother, Antonetta, died in her arms. One year later, Ferraro's eyes still well with tears when she speaks about this remarkable woman

No one was prouder than Antonetta Ferraro when her daughter, Geraldine, claimed a place in history in 1984 by becoming the first female vice-presidential candidate nominated by a major party. A widow who had worked as a seamstress to put her two children through school, Antonetta became a darling of the press, carrying her tiny frame proudly atop three-inch heels as she campaigned for her daughter.

When Antonetta's chronic emphysema grew worse in late 1989, Ferraro took her into her home—thus joining the "sandwich generation" of daughters who care for children and aging parents. Antonetta died last February 2 at age eighty-four. Here, her daughter shares both the sorrows and the solaces of this indelible moment in her life.

My mother died in my arms last February. She passed away gently, to the sound of prayers spoken by our friend, Sister Jean DeSales, and to my telling her, "I love you." It was a peaceful, even lovely, death.

It's still difficult for me to talk about losing my mom. It's so hard to let go of the people we love. Some say it gets easier with time, and yet I've talked to people who lost their mothers long ago, and their eyes still fill with tears when they speak of them.

When my father died, it was a very different experience. I was quite young, and I used to blame him, wondering why he didn't take better care of himself. Children think that their parents are cheating them by dying.

But I can't say that about my mother. Even in dying, she always thought of me first.

I was very blessed to be born to this amazing woman. She raised me and my brother, Carl, after my father died, doing backbreaking work crocheting beads onto dresses to provide for us. She sacrificed to send me to college and law school.

Mom championed my successes all my life, and it was fun to watch her enjoy my accomplishments. She was proud when I was elected to Congress, and of course, when I received the vice-presidential nomination, she was thrilled. Her confidence in me was so strong that even as the election results came back from one state after another, her faith never wavered. In fact, at that point she was the only one who believed I would win!

If there's anything I wish I had done for my mother, it would have been to win. I wish I'd been vice-president; that would have been terrific for her.

During the 1984 campaign, Mom looked sensational; at seventy-nine, she was still wearing high heels. What I didn't know then was that she was smoking. She'd started the habit when she was thirty-nine, after my dad died. I had given up smoking when my children were little, and like most reformed smokers, I became zealous and nagged my mom to quit. She stopped doing it—but only in front of me, so as not to upset me. *(continued)*

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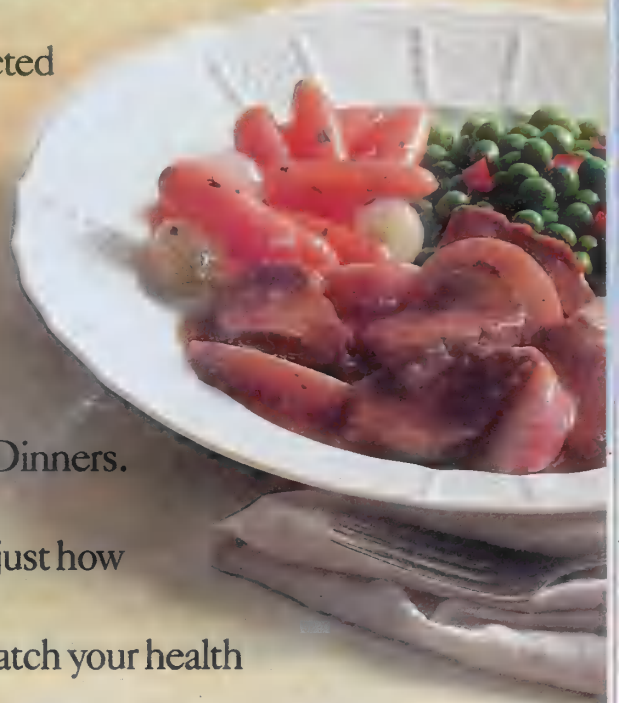

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More People Are Winning With The Heartbeat ***of America. TODAY'S TRUCK IS CHEVROLE***

learned that she hadn't reformed in gust 1985, when I was called to the ergency room of St. John's Hospital Queens, New York. As a result of her oit, Mom had developed emphysema d her heart had become enlarged.

asked the doctor if she was going to ke it. He said, "She's going to be all ht, but she must stop smoking." I was en aback and told him that she n't smoke. But when I turned to my ther, she nodded yes. "You smoke?" I ked, and she nodded again. She ldn't speak, because she was on a pirator.

When she was released, she was put medication and given a machine to e home that produced oxygen from inary air. She would use it as needed breathe more easily.

The following year, my son, John, was ested for selling a quarter-gram of aine to an undercover cop. My moth- was devastated, and she cried and yed through every stage of the crimi- proceedings that followed. The case ne to trial in 1988, and John was nd guilty. My mother heard the ver- t over the radio before I was able to l her, and she collapsed from sheer akness. Fortunately, my housekeeper s there to help her, but two weeks er, she was back in the hospital.

During the last couple of years of her , Mom was very frail, but she still ed alone in her own apartment, not from my home in Forest Hills. She d a very special relationship with my est daughter, and when Donna got gaged in 1989, my mother couldn't it for the wedding.

Sister Jean took my mother to Bloom- dale's, where she spent two hours ecting shower gifts for Donna. But as October 14 wedding date ap- ached, my mother's emphysema and eoporosis had made her weak, and couldn't go shopping for her own ss. I would go into Manhattan de- rtment stores, pick up dresses and ng them back for her to try on.

'm convinced that when people know time to die, they will put it off as g as possible if there is something portant they want to be around to . I know Mom did. She looked radi- t at the wedding in her two-piece hsia dress.

On Thanksgiving Day, six weeks la- , I called Mom to say I was coming to k her up for dinner at my mother-in- 's house. She said, "I'm not going. I n't feel well."

Sometimes my mother used that as excuse when she didn't feel like go- someplace. "C'mon," I coaxed her. 's Thanksgiving; how can you *not* go?" But she said she really wasn't feeling well, so I told her I'd stop by after dinner and bring her some turkey.

My husband, the kids and I all went to see her, and she seemed fine. But an hour after we had left her house, she called me to say that she had just spoken to her doctor, who told her to use her oxygen machine and call him in the morning. She asked me to come spend the night with her. I did.

The next morning, I took her to the hospital for the last time, where we learned that her lungs were filling with fluid. During her second week there, her doctor told me she was fading, and asked me if I wanted the hospital to take extraordinary measures to revive her if her heart stopped.

My mother had already made a living will—which essentially directed that we carry out her wish, "When it's time for me to die, let me go"—but I wanted to be sure I was doing what was best for her. I didn't want to make that decision alone, so I discussed it with my brother. I told him what the doctor had told me: If Mom's heart stopped, the resuscitation procedure would probably break some of her bones; if she lapsed into a coma, she would be on a respirator—a machine she hated—for the rest of her life.

It was terribly difficult, but we agreed that it would accomplish *(continued)*

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(continued) nothing if reviving Mom would cause her pain. We wanted her to stay alive and to get better, but her living will stated that the quality of her life was important to her—as it was to us. Carl and I finally decided not to let the hospital do anything extraordinary, and I signed the necessary release papers.

Those few days were a painful time. There's nothing in life that prepares you for making these choices.

But my mom had ideas of her own about living and dying—and she wasn't ready to die yet. All of a sudden she bounced back, and on December 16, I took her home with me.

She stayed in Donna's old room, right next to mine. I hired a full-time nurse to care for her during the day, since Medicare provided help only four hours a day, three days a week. I also canceled all of my business appointments and stayed home in order to be with her.

It was interesting to see how our roles had reversed; Mom now needed me to give her the care she had given me as a child. She would wake me four, five, six times a night for help. She was so frail—she weighed just sixty-three pounds—that we could give her only sponge baths at first. In time, she gained four pounds and she could take a shower. While she sat on a little ladder, I'd step into the shower in my nightgown and shampoo her hair while her nurse washed her body.

Mom seemed to be improving during those weeks. She was eating well, her strength was coming back, and I honestly thought that with time she was going to be able to go home again. Then, all of a sudden, things changed. It was late January, and I had accepted an invitation months before to attend a press dinner in Washington, D.C., as an honoree.

Donna stayed over that night with my husband and housekeeper. But when I came home the next day, I found out my mother had given everyone a hard time. Nothing anyone did could satisfy her. I was upset, thinking she was just being obstinate.

As I look back, I can see it wasn't that at all. Evidently, she just wasn't feeling well, and although she adored my daughter, she wanted me.

The following Sunday, January 28, my husband left for Florida. As a Christmas gift, I had given him a week at the Mets' fantasy baseball camp in Port St. Lucie, where he would play with members of the '69 Mets. He wanted to cancel the trip because my mother was so ill, but I insisted he go; I would fly down on the weekend with the kids.

That Tuesday, as I was kissing my mother good night, she said, "Would you get into bed with me so I can hold you?" She was so fragile that I was afraid I'd break something if I held her too long. But I did as she asked. Neither of us slept at all that night.

I'd put a big bell with a handle next to her bed so that she could ring whenever she needed me. On Wednesday night, I was back in my bedroom, but my mother kept dropping the bell and I would run into her room to see what was wrong. I finally realized that the hall light, which had been on since the day she came to stay, had been accidentally turned off. She was afraid of the dark. I'm convinced now that my mother knew she was dying and was afraid to go to sleep.

My son and I were scheduled to go to Florida on Friday. But when I saw Mom's bloodshot eyes that morning, I knew I could not leave. John didn't want to go either, but I insisted. I called Sister Jean and asked her to come over; then I also invited Carl, his wife and Father Michael Salamone, a friend of the family.

Frightened as she ordinarily was about dying, my mother wanted to see Father Michael, knowing he was coming to give her the Blessing of the Sick. He blessed her, and she said the Act of Contrition, the Apostles' Creed, the Our Father and Hail Mary. As she gave him a hug, she said, "I really appreciate your coming."

I should have been smart enough to know that something was happening. Maybe I knew it intuitively, since I had called my brother, a priest and a nun. But I let her hints go by. For instance, my mother wasn't able to keep her dentures in for long during those last months because her gums had receded and she was uncomfortable. That last afternoon, she tried to put them in. She almost choked on them, but she was upset when the nurse took them away. I made sure they were put on her bedside table because it seemed so important to her.

She then turned to me and asked, "How do I look?" I told her she was beautiful. I think she was worried about how she would appear to my father. At 4:45 P.M., my mother-in-law called to see how Mom was doing; I took the call in my bedroom. Minutes later, Sister Jean was at the door. "Come in right away," she said.

My mother was dying.

Jeanie started saying the Hail Mary. My mother was sitting up, looking as if she were trying to be cooperative. I sat with her, took her in my arms, and in a matter of minutes, she simply slipped away.

After she died, I was devastated. I even told my husband at one point that I was not going to be that close to my children, because I didn't want to hurt them when I died. He told me that I was being selfish. I'd had a lifetime—a whole lifetime—with my mother, he said, and my children should have the same with me. I couldn't take that away from them.

We still grieve for my mother, but we're getting on with our lives. I'm busy campaigning on behalf of Democratic pro-choice candidates for the New York State Senate, as well as for women running for Congress. Within a few months, I'll decide whether I should run for office again myself. Donna handles my public relations at the marketing firm she works for, and my younger daughter, Laura, is a graphic designer living in Chicago. John is in his first year of law school in Washington, D.C.; he's also a cofounder of a gourmet pasta store. I'm glad my mother witnessed in part how he turned his experience into an opportunity to grow.

"I was devastated after my mother's death, and even told my husband that I didn't want to be close to my children, because I didn't want to hurt them when I died."

Mothers—and it's mostly mothers, because women live longer—often become dependent as they age. But difficult as it was, taking care of my mother was a wonderful experience, and I'm glad I was able to stay home to do it. It was my very special opportunity to give back to the woman who had raised me. If I had been in Congress, I wouldn't have had that option. If I had been in the district attorney's office, my job probably wouldn't have been there when I returned. If I were vice-president . . . well, who knows?

I am lucky that I'll never have to say, "If only I had been there." I got a chance to say good-bye. ■

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BEAUTY & FASHION JOURNAL

FOUNDATION: YOUR #1 BEAUTY BOOSTER

IF YOU'VE NEVER THOUGHT MUCH ABOUT THE FOUNDATION YOU USE (OR YOU DON'T USE ANY), YOU MAY BE SURPRISED TO LEARN THAT THE RIGHT ONE IS THE MOST IMPORTANT PART OF YOUR MAKEUP KIT. BELOW, ADVICE FROM THE BEST PROS IN THE BUSINESS

● THERE ARE SO MANY KINDS OF FOUNDATION ON THE MARKET—LIQUIDS, CREAMS, POWDER-CREAM COMPACTS. WHICH ONE'S RIGHT FOR ME?

Most women prefer easy-to-blend liquids. Liquid foundations are available in a wide range of coverage levels, from very sheer, **translucent** tints that are water-thin to more full-bodied consistencies. The texture depends on the combination of ingredients—the more pigments and emollients in the formula, the denser the foundation. Liquids also provide the most **natural-looking** coverage. Look for a foundation that is compatible with your skin type.

Normal to oily/combination skin: Count on a light water-base liquid with **humectants**—moisture-retaining ingredients—like glycerine and propylene glycol and a **sunscreen**. Try Maybelline Sheer Essentials Make-up or Revlon New Complexion Makeup.

Oily skin: You want a very sheer, ultra-lightweight **water-base** foundation that's labeled oil-control or oil-free. Oil-control formulas have a low oil content and contain ingredients that absorb oil, such as titanium dioxide, talc or kaolin. Check out Lancôme Maquicontrôle Oil-Free Liquid Makeup or Clinique Stay-True Makeup. Oil-free formulas contain chemicals known as **esters** as substitutes for oils. These provide all the benefits of having oil in the formulation—easy, smooth application—without clogging pores. Look for Clarion Oil Free Liquid Makeup or Coty Anti-Oil Foundation.

Blemish-prone skin: Your best bet is a foundation containing **acne-fighting** ingredients like benzoyl peroxide or salicylic acid. Our pick: Cover Girl Clarifying Make-Up.

Normal to dry skin: You'll need a foundation with hydrating benefits. The tip-off terms to look for: moisturizers such as isopropyl palmitate and lanolin oil. Try Revlon Color Lift Makeup or L'Oréal Visuelle Face Makeup.

The newest foundations are **powder-cream** compacts, which are good for all skin types. What's best about powder-creams is that you can vary the amount of coverage you want (they go on smooth and light, not heavy like pancake makeup), you don't need to apply powder to set your foundation and they're **convenient** to tote. Our favorites: Princess Marcella Borghese Molto Bella Liquid Compact Makeup and Ultima II The Foundation.

Our panel of experts: Linda Mason, NYC-based makeup artist and director of Linda Mason Elements; B.J. Gillian, NYC makeup artist and consultant to Cover Girl; Vincent Longo, NYC makeup artist; Jane Mueller, group product manager for Cover Girl Face; Linda Harris, vice-president of product development for L'Oréal; Suzanne Grayson, marketing consultant to the cosmetics and toiletries industry.

The Purex Wash Cycle.

The Oxford Cloth Shirt
circa 1952

Came in a wide variety of colors including white, white and white.

The Poodle Skirt
circa 1958

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The "Feelin' Groovy" Ensemble
circa 1968

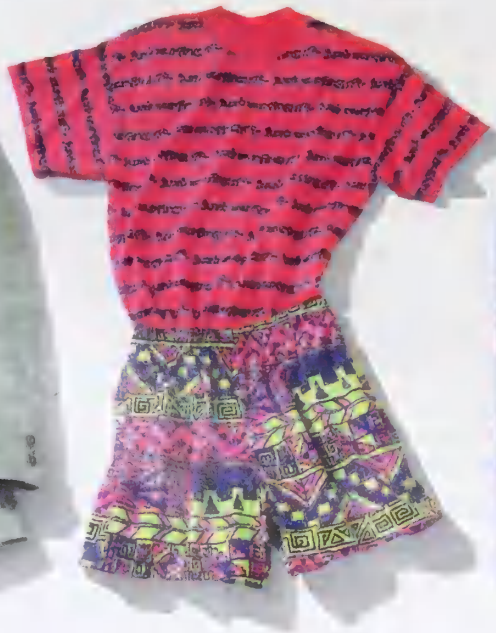
Frequently accompanied by peace sign neckla sandalwood incense and Eastern thought.

The Polyester Leisure Suit
circa 1974

Often seen with Qiana® shirts and an array of alluring gold chains.

Neon Jams
circa 1989

For skateboards, surfboards, but definitely not school boards.



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I KNOW MY FOUNDATION SHADE SHOULD BE AS CLOSE AS POSSIBLE TO MY SKIN TONE. HOW CAN I FIND A PERFECT MATCH?

For starters, look for a **classic**, neutral beige that doesn't have too much red or orange in it. Most women have **yellow-based** skin, yet most foundations are pink-toned. (Why? Blush used to be much less popular, so foundation had a pink base to give skin a boost of color.) These days cosmetics companies are developing more realistic shades. Cover Girl, a trendsetting brand, will be adding three new shades in February. Two will be yellow-golden, and one will be a light ivory.

When searching for the **right shade**, try on one that looks a shade darker than your skin tone, since foundation will always appear darker in the package than when it's blended on your skin. It's best to **check color** against your neck or jawline, but also make sure it looks right on your cheek. Remember, artificial light can be deceiving, so try to check the shade in **natural light**—stand by a window. P.S. If you buy foundation in a drugstore and can't test the product, hold the color card or the bottle up to your wrist.

NOW THAT I'M OLDER, MY SKIN IS DRIER AND LINED, AND FOUNDATION TENDS TO LOOK CAKEY. HOW CAN I USE FOUNDATION TO LOOK YOUNGER?

Mature skin experiences a slowdown in cell renewal and a loss of flexibility, and it does not retain moisture as well as younger skin. So look for a foundation with **emollients** like sesame oil and silicone fluid to help trap moisture in the skin and help your foundation go on smoothly and uniformly over uneven, patchy areas. Depend on a formula with sunscreen to protect skin from any further damage. Our favorites are Cover Girl Replenishing Liquid Make-Up and Max Factor Whipped Fluid Makeup.

WHAT'S THE BEST WAY TO APPLY FOUNDATION?

Start with the **center panel** of face—over, under and around the nose, and on the forehead and chin, since these are the areas where skin tends to be uneven—then blend outward and downward. For the most **professional** look, stroke on foundation with a makeup sponge. Tip: The drier the sponge, the more matte the finish. If you need a second coat, apply it in a **very sheer layer**.

MUST I USE POWDER WITH FOUNDATION?

A **buffing** of loose transparent powder gives your complexion a polished look and keeps foundation and skin looking **fresher** longer. (Don't substitute pressed powder—it's not translucent and won't give you a finished look.) If you don't want to powder all over, a light dusting over the **T-zone** is enough. The way to apply powder depends on your skin type.

Oily skin: Apply loose powder to a clean cotton ball and **press firmly** into face, starting on cheeks and working out to edges of the face, then press into the center of your forehead, the middle of your nose, and your chin. Use the least amount of powder under eyes. Then **dust off excess** with a large brush.

Normal skin: Place powder on fingertips and massage into the areas that need it—nose, forehead, chin. Brush off excess.

Older skin: Too much powder is aging, so use a **fluffy, soft brush** and apply powder in a circular motion everywhere but under eyes. If any areas are still shiny, press on a bit of powder with a cotton ball. ▶

OIL OF OLAY/LHJ "I LOOK GREAT FOR MY AGE" CONTEST

Photo credits, page 158.

We think Diana, Goldie and Ali look better than ever. If you think you do, too, enter the Oil of Olay/LHJ "I Look Great for My Age" Contest today (the deadline is January 31, 1991). All you need to do is fill out the entry form at right, explaining why you look great for your age and sharing your most important skin-care tip. Submit the entry with a box tab bearing the universal product code from any Oil of Olay product and two current color photos—one full-length and one head-and-shoulders shot. Five semifinalists and five finalists will win terrific prizes, and the grand-prize winner will receive a walk-on part on a popular soap opera and $5,000! For official rules, turn to page 163.

OIL OF OLAY/LHJ "I LOOK GREAT FOR MY AGE" CONTEST

Entry form **Fill out this form according to the official rules on page 163.**

■ **I look great for my age because (fifty words or less)** _____

■ **My most important skin-care tip is (twenty-five words or less)** _____

■ **ENCLOSED ARE: Two current color photographs (no more than sixty days old), one full-length, one head-and-shoulders only.**

Name _____

Street address _____

City _____ State _____ Zip _____

Phone number _____

Date of birth/Present age _____

Height _____ Weight _____

Eye color _____ Hair color _____

(please print clearly)

ALSO INCLUDE:
A box tab with universal product code from any Oil of Olay skin-care product. (See rules for states that are excluded.)

SEND ENTRY TO:
Oil of Olay/LHJ Contest
P.O. Box 792
Radio City Station
New York, NY 10101

■ **NOTE: ALL ENTRIES MUST BE RECEIVED BY JANUARY 31, 1991.**

r&r for tired skin.

Your skin has had a long, hard day.

Emollient-**rich** Night of Olay
melts away the tensions
of the day as you rest.
8 uninterrupted hours of treatment
boosts depleted moisture levels.
Improves resiliency.
Easing dry lines.

Skin feels **firmer** after
a night of Rest & Relaxation.
And, oh, the little lift you get
from looking younger in the a.m.

Why grow old gracefully?
Fight it with
Night of Olay.

"Cardinals in Winter"

Rimmed in 22-karat gold
Shown smaller than actual
diameter of 8½ inches
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Celebrating the beauty of winter in rural America . . .
a Bradford Exchange recommendation

e Reverend Mr. Sam Timm is one of the rising new stars wildlife art. His exceptional portraits of rural landscapes d woodland creatures have won him national recogni- n. Now, he has created a major new work for the limited- ition plate medium. It's available now – and it looks e a smart buy. Here's why Bradford recommends it:

'Cardinals in Winter" is an important first issue – the st in the *Birds of the Seasons* series, hallmarked by the win M. Knowles China Company.

It's an important work of art inspired by the Reverend r. Sam Timm's portrait of our old friend, the cardinal, d the too-often unnoticed beauty of the winter land- ape. Attesting to its importance, each plate is hand num- red and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition "Cardinals in Winter" is limited to a maximum of 150 ing days. Once the edition closes, collectors' demand uld exceed the supply of plates and force asking prices dramatically.

e Bradford Exchange—picking winners since 1973. orldwide, limited-edition plates are the *only* collect- es traded on an organized exchange. And with offices in the United States and nine foreign countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1978, you would have bought the first issue in the *Gone With the Wind* series, a plate that now trades at $248.00*– more than 1,000% of its $21.50 issue price. More recently, if you had acquired "The Pintail," the first issue in *Living with Nature: Jerner's Ducks,* you would now own a plate valued at over four times its 1986 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "Cardinals in Winter" as one of the year's top prospects . . . and we'll back up your purchase with our unconditional 365-day guarantee.

To acquire "Cardinals in Winter" at its $24.90 issue price – backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Cardinals in Winter" is now – *before* it has a chance to increase in value.

*Reflects last trades on the exchange as reported in the Bradford Exchange Market Report Volume II-10.

0 BGE

BSG-427

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Please respond by: January 31, 1991

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plate price in Canada is $37.90.

Your Unconditional 365-day Guarantee:

Within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a refund check (or credit your account if you paid by credit card) for everything you have paid, including postage.

A prewedding portrait, clockwise from far left: Karen Kellett, Anne Marie Kowalski, Elise Mahovlich, Diane Campo, Janice Caselli, Joanne Sullivan and Jo La Porta

GOIN' TO THE CHAPEL: A BEAUTIFUL WEDDING MAKEOVER

When Janice Caselli wrote us that her youngest sister was getting married, she asked LHJ to make over the whole gang—plus mom—for the big day. We asked star NYC makeup artist Linda Mason, her associate Honey Twigg and pro hairstylist Michael Mazzei of the Nubest Salon in Manhasset, New York, to create a picture-perfect portrait.

● **Karen Kellett, 26, the newlywed, a secretary from Rye, NY**

It wasn't hard to turn Karen into a blushing bride: She has pretty, full features and thick hair. All we did was trim her hair and cut bangs toward her face for a sexier look. Taupe eyeshadow emphasizes her eyes, and burnished-brown lip color keeps the look soft.

● **Ann Marie Kowalski, 28, mom of twin toddler boys, Honolulu, HI**

Ann needed a shot of style before walking down the aisle. So we gave her straight hair a Louise Brooks–type bob, then added smoky eye makeup and beigy lips for a chic instant lift.

● **Elise Mahovlich, 30, a free-lance writer, Bolton Landing, NY**

Elise has a beautifully shaped mouth and great eyes, but her hairstyle did nothing to enhance her features. We gave her a short, sexy cut with an eye-accenting fringe and a neutral makeup that's based on her coloring—tawny-rose lips, coffee shadow.

● **Diane Campo, 35, mom of two, and a nurse, Greensboro, NC**

Flawless skin is Diane's best asset; her permed, layered hair needed a bit of help. We trimmed and shaped it to revitalize the cut, then made the most of her complexion with a dusting of bronzer and natural honey-beige foundation.

● **Janice Caselli, 37, mom of three, dessert caterer, Marietta, GA**

Janice likes a sophisticated, fuss-free style, so we gave her a short cut that's both sporty and polished. Rich berry tones on eyes and lips brighten up her whole face.

● **Joanne Sullivan, 32, mom of one child and one on the way, and an executive secretary, Brewster, NY**

Joanne looked terrific when we met her. Our only advice: Trimming a couple of inches off her bob for a crisper shape, and soft makeup shades to bring out her classic features—muted tones of coral and taupe do the trick.

● **Jo La Porta, 62, mom of six daughters and one son, and grandmother of nine, Harrison, NY**

Jo was tired of her do-nothing hair and was convinced she needed a perm. We showed her how modern and young a short cut could be. Since Jo's skin is pale, we zeroed in on her lips and eyes with rouge-red lips and brown eyeliner.

OVER A YEAR AGO I LOST 25 POUNDS AND I HAVEN'T GAINED ANY OF IT BACK."

Cristina Ferrare

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th my last baby and
ing it off was a real
uggle. But then I tried
Ultra Slim·Fast® plan.
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ight–I've kept it off for
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When you mix a oop of Ultra Slim·Fast ith 8 ounces of althy skim milk, u get an incredibly licious, nutritious ake. Just read the bel to see how althy Ultra Slim·Fast akes really are. ch shake has more tamins, minerals, d fiber than most leading cereals; more protein than 2 gs; and more energizing carbohydrates than a serving lasagna*. Yet it's only 200 calories, low in fat, low in olesterol. And best of all, it tastes terrific.

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GIVE US A WEEK, WE'LL TAKE OFF THE WEIGHT.

NOTE: Cristina Ferrare may not be typical of the average Ultra Slim·Fast user. Most users need to lose less weight. Weight loss varies with the individual depending on a variety of factors. © 1991 Thompson Medical Company.

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WHAT'S HOT

CLASS ACTS

Who needs those glitzy actors and their gimmicky new shows? Some of our favorite actresses are back this year, and their shows are better than ever, thank you

JOANNA KERNS

HER OWN GROWING PAINS

By Vicki Jo Radovsky

Joanna Kerns, now in her sixth season playing one of TV's most popular moms—Maggie Seaver on the ABC sitcom *Growing Pains*—once described herself as a latter-day June Cleaver "without the pearls." And that's not an image she's worried about.

Cuddling her black-and-tan German shepherd, Maggie (named after her character), Kerns gazes out at the pool in her lush Brentwood backyard. "Everybody has their time," declares the thirty-seven-year-old, dressed in a white T-shirt and dark-blue sweatpants. "When I came to Hollywood in 1975, it was a glamorous time with really stunning women. I've never been stick thin. I've always been kind of . . . substantial—is that the word? I'm not petite, I've never played ingenues. I didn't work until I played mothers.

"*Growing Pains* has been a real gift," continues Kerns, leading the way through her airy, Spanish-style house comfortably furnished with simple French-country pieces and rustic-looking antiques. In practically every room, there are feminine-but-not-fussy touches such as dishes of potpourri, scented candles, bunches of bright dried flowers as well as many framed photographs of her twelve-year-old daughter, Ashley (from her marriage to producer Richard Kerns, which ended five years ago).

Joanna is quick to point out the differences between her real-life role as mom and the TV version. "When you're a single parent, your kids get to know you real well," she says with an ironic smile. "Ashley's seen me go through the fear of being newly divorced to coming into some kind of sanity, with all the responsibilities of working, being a mother, a friend . . . I don't think anybody ever knows for twenty years how their kids will turn out, but I like what I've done: Ashley has a great sense of humor, is a great student, very curious and independent."

Her secret? "I am very strict—much more than I think my parents were with me." Although her daughter is devoted to horses, Kerns refuses to buy her one "until she shows she's responsible enough to deal with it. Nope, where I come from, you don't just get a horse because you want to ride."

Born in San Francisco, Kerns grew up in nearby Santa Clara, California, the daughter of an insurance salesman and a clothing-store manager. The third child of four in a family of jocks, she was often in the shadow of her older sister, Donna de Varona, the gold-medal Olympic swimmer who's now an ABC sportscaster. "Donna and I are real close now," says the actress. "Her daughter is named Joanna after me." As a girl, Kerns had her own athletic aspirations and tried—unsuccessfully—for a spot on the 1968 Olympic gymnastics team. Two years later, after suffering a debilitating knee injury while executing a difficult move, she took up dancing. One of her first professional jobs was as a chorus dancer at Disneyland. "I danced for four minutes at ten P.M. and four minutes at midnight," she says. "The hardest part was driving there."

Looking for more of a challenge, Joanna eventually switched to acting. She got a start in touring stage productions before moving into television and landing several national commercials and guest spots on *Laverne and Shirley*, *Hill Street Blues* and *Magnum, P.I.* Then came *Growing Pains*.

Now that mom's the word when it comes to her career, does Kerns ever wish to break that mold? Absolutely. Next on the agenda: directing an episode or two of *Growing Pains*. "I have a feeling this is something I'll enjoy," she says. "Directing is where I've always wanted to go."

In the meantime, Kerns is enjoying the time with her TV family: husband Alan Thicke, baby daughter Chrissy (played by twins Kristen and Kelsey Dohring), son Jeremy Miller ("Now he's taller than me!"), daughter Tracy Gold ("She's very open and vulnerable") and *(continued)*

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Yes. Our consumer information staff is there to help put your mind at ease and to help make conception and pregnancy a happier time for you. Just telephone Monday through Friday between 8:00 AM and 5:00 PM Eastern Time.

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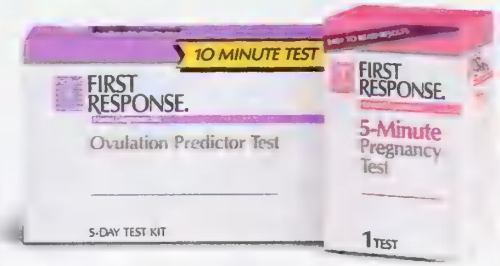

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Now Appearing In Living Rooms Everywhere

THE FEEL-GOOD WINTER HEALTH GUIDE

DON'T FALL "UNDER THE WEATHER" THIS YEAR. WE'VE GOT THE LATEST INFORMATION ON THE MOST TROUBLESOME WINTER AILMENTS—INCLUDING COLDS, FLU AND DEPRESSION—TO KEEP YOU AND YOUR FAMILY IN SPLENDID SHAPE NO MATTER HOW THE STORMS MAY BLOW.

Comstock

COLD GRAY DAYS CAN BRING SNIFFLES, SNEEZES—AND THE BLUES. "Winter brings people closer together, and that increases the chance of transmitting viruses and bacteria," says Carole Heilman, Ph.D., chief of the respiratory diseases branch of the National Institute of Allergy and Infectious Diseases (NIAID). Good cheer, meanwhile, often wanes like the pale winter sun. "Many people experience mood changes because of shortened days," says David Kupfer, M.D., chairman of the department of psychiatry at the University of Pittsburgh School of Medicine. Yearnings for sunshine—along with the increase in respiratory illness—can make this a miserable season. But researchers have made great strides in treating winter's worst woes. Our winter health guides for 1988 and 1989 won a certificate of commendation from the American Academy of Family Physicians. We're sure you'll prize this one just as much.

SPECIAL REPORT

GERM WARFARE: FIGHTING RESPIRATORY AILMENTS

BY JEAN FAIN

When it's functioning properly, the human respiratory system works like a self-cleaning oven: Inhale, and the lungs fill with oxygen, which is then transferred to every cell. Exhale, cough or sneeze, and the respiratory system rids itself of carbon dioxide, dirt, and germs.

But germs are hardy devils, and they lurk everywhere, waiting to attack. Doctors believe many of the germs responsible for respiratory ailments are spread via airborne droplets present in sneezes and coughs.

This year, many experts fear that

the winter siege may be even worse than usual. Why? For one thing, epidemiologists at the Centers for Disease Control in Atlanta (CDC) warn of the increasing incidence of group A strep, a bacterium that can cause ailments ranging from mild skin infections to life-threatening pneumonia. (It was group A that killed Muppets creator Jim Henson last May.)

Second, tuberculosis (TB), the chronic, contagious lung infection, is on the rise in the U.S., after three decades of steady decline. Over twenty-three thousand new cases were reported here in 1989. An estimated ten million to fifteen million other Americans may also be infected, although many may not know it, since the bacteria can remain dormant for long periods. In fact, a healthy immune system can keep TB germs in check indefinitely.

And as always, that perennial winter foe—the flu—has returned for its annual attack. What's more, there are several varieties lying in wait for us this year.

MOTHER'S MEDICINE

When it comes to treating winter ailments, conventional wisdom often turns out to be wise indeed. As we all know by now, research confirms that Mom was right when she urged us to eat chicken soup for a cold—steam from the hot broth can ease stuffiness. But folk wisdom isn't always so sound. For example, it's clear that you don't "catch a chill" that gives you a cold: In fact, sleeping near an open window can help cold sufferers; crisp night air shrinks blood vessels in the nose, making breathing easier, and prevents mucous membranes from drying out in overheated rooms. As for the old saying, "Feed a cold, starve a fever" (or is it the other way around?)—forget it. Eat light, nourishing food and drink lots of fluid no matter what your thermometer says.

Here, in alphabetical order, are the most common respiratory ailments we face—and the proper prescriptions for each.

BRONCHITIS 1991 DIAGNOSIS

Sometimes diagnosed by a chest X-ray, bronchitis develops when a cold or flu virus attacks the bronchi—the branching airways that lead from the windpipe to the lungs. It's often heralded by such typical cold or flu symptoms as a runny nose, nasal congestion, sneezing, fever and chills, plus a dry cough that turns phlegmy. It also typically causes a 101°F. to 102°F. fever that persists for three to five days. Bronchitis can be life-threatening in patients with chronic lung or heart disease, so visit a doctor if symptoms suggest it.

Rx: Treatment includes the usual bed rest and fluids, along with fever-reducing analgesics—such as aspirin or acetaminophen—and a cough suppressant. If a secondary bacterial infection develops, doctors often prescribe antibiotics.

COLDS 1991 DIAGNOSIS

Michael Rossmann, Ph.D., a molecular biologist at Purdue University, in West Lafayette, Indiana, is studying the atomic structure of rhinoviruses—the group of viruses responsible for about half of all common colds. He is working with a large pharmaceuticals manufacturer to determine the effectiveness of various antiviral drugs on rhinoviruses. He hopes this knowledge will help speed the development of long-awaited, effective cold remedies.

At this point, however, colds remain perhaps the most stubborn illnesses of all, and one of the most frequent causes of time lost from work and school.

Cold symptoms may include a runny or stuffy nose, headache, fatigue and, in some cases, fever. Fever signals that your body is busy fighting off invading germs; call a doctor if the patient's temperature rises above 100.5°F. and lasts more than two to three days. By all means, stay home when you're feverish—you'll speed *(continued)*

BOUNCE BACK WITH ORANGE JUICE.

After you sit up, push up, stretch and flex—relax with a cool glass of orange juice. t refreshes. Naturally.

And it does more than that. Orange juice actually puts back what your workout takes out. That's because orange juice is rich in potassium, a mineral that's essential for normal muscle unctioning. Orange juice also has folic acid, which helps in the formation of new cells—ncluding red blood cells. And orange juice helps your body absorb iron and calcium.

OJ has lots of Vitamin C. And it's sodium-free, fat-free, cholesterol-free.

So have a *big* cool glass of orange juice. Enjoy that bright, sunny taste. And elax. It's good for you. You're not un-doing the good you did by exercising.

Florida Quality Orange Juice. It makes you feel so good.

100% JUICE
FLORIDA'S SEAL OF APPROVAL

A PRODUCT OF THE FLORIDA SUNSHINE TREE

State of Florida, Department of Citrus, 1990

(continued) your recovery and limit your risk of secondary infection. You'll also be doing others a favor: You're probably still contagious while fever persists.

Rx: Once again, doctors routinely prescribe several days of bed rest and plenty of fluids. Unless a patient has a wide variety of symptoms, most doctors do not recommend treating colds—or flu—with multisymptom remedies. Instead, they prefer symptom-specific drugs such as cough syrups and decongestants. This lessens the danger of overmedication, as well as the "rebound" effect; overdosing on some remedies can actually make symptoms worse.

Do not give children aspirin, because of its link to Reye syndrome, a serious brain and organ disease. Acetaminophen is usually a better choice. Antibiotics are prescribed only when secondary bacterial infections develop.

Should you take vitamin C? Twenty years after Linus Pauling ballyhooed its use, the scientific jury is still out over whether C can prevent or relieve a cold. At this point, most physicians do not advocate its use.

INFLUENZA 1991 DIAGNOSIS Since viruses with different characteristics can be responsible for each year's epidemics, symptoms may vary. However, basic signs remain the same: fatigue, weakness, dizziness, headache, muscle aches, fever, chills, coughs, runny nose and eyes, sometimes accompanied by an upset stomach or diarrhea. Unlike colds, flus usually have a sudden onset. Acute symptoms, including fever, generally subside within five days.

Rx: Generally, doctors prescribe rest, analgesics for aches, and over-the-counter medications—such as decongestants and cough suppressants—to ease discomfort. Antibiotics are prescribed only when a secondary bacterial infection develops.

Cases of mild flu are too common to track accurately, but the CDC estimates that between ten thousand and twenty thousand Americans die in an average year from flu and its complications—which can include pneumonia, encephalitis (an inflammation of the brain) and kidney failure. Many more victims succumb during a real epidemic, like the ones in 1984 and 1985, which claimed more than fifty-seven thousand lives. Tragically, many of these deaths could have been prevented—by flu shots. These vaccines are tailored every year to the new flu strains, and provide up to ten months of immunity. It's not too late to get this season's vaccine for three: A/Shanghai, A/Taiwan and B/Yamagata.

Contrary to what many people believe, flu vaccinations don't produce flu symptoms, since the vaccines are made of inactivated germs. (A few people may experience mild reactions that are not flu symptoms.) And it's particularly important to be vaccinated if you're in a high-risk group, which includes pregnant women, the chronically ill (especially with heart or lung problems), those over age sixty-five, or those who work in the health-care field and have frequent contact with the sick.

Amantadine, an oral medication, is commonly used to prevent flu and treat nursing-home patients and high-risk people who are allergic to the egg base of the standard flu vaccine. Scientists at the University of Michigan at Ann Arbor have developed a nose-drop vaccine—ideal for immunizing schoolchildren—which they hope will be available within a year.

LARYNGITIS 1991 DIAGNOSIS

Hoarseness or temporary voice loss, sometimes accompanied by a scratchy, raw throat and a cough, are the primary symptoms. There's still no sure way to prevent laryngitis—which may accompany other respiratory ailments—when it's caused by a viral or bacterial infection of the larynx (voice box). Laryngitis due to loud talking or too much smoking, however, is clearly avoidable.

Rx: Giving the voice a rest and taking cough suppressants often help. Breathing in steam may liquefy mucus, and hot drinks and lemon can ease pain and congestion. If your voice fails to return to normal after a week, your doctor may decide to take a throat culture to see if a bacterial infection is present and, if necessary, prescribe antibiotics.

PNEUMONIA 1991 DIAGNOSIS

Tests to pinpoint pneumonia include physical exams and chest X-rays, sometimes accompanied by lab tests. If pneumonia is diagnosed shortly after symptoms appear, patients have a much greater chance for a speedy, complete recovery.

Until 1936, pneumonia was a leading cause of death in the U.S. Medical advances, most notably antibiotics and a one-time vaccine, have made pneumonia—a serious lung inflammation with over thirty causes—less threatening. However, pneumonia can *still* be *(continued)*

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"My husband couldn't believe the amount of weight I lost just two weeks before our anniversary. Thanks to this weight-loss plan I have a new life with the body I've always dreamed of."

WAS SHE BETTER OFF BEFORE?

Every year, fifty million Americans begin some sort of diet.

Given the dimensions of this national preoccupation with losing weight, it seems only prudent to ask: Is the "after" always better than the "before"?

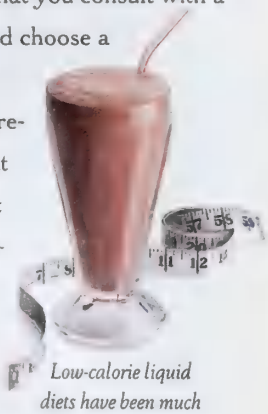
Obviously, there are a number of excellent reasons to go on a diet. Studies show that people who are overweight run increased risks of heart disease, high blood pressure, diabetes and cancer.

So it is all the more ironic that by the very diets we adopt to improve our health, we sometimes do as much harm as good. Because when you diet, you not only limit calories; you may also limit essential nutrition.

Please pass the collard greens. They are an excellent natural source of calcium.

While there are many responsible weight-loss programs, an alarming number (particularly those that restrict you to less than 1200 calories daily) may lead to serious nutritional deficiencies.

Naturally, we don't suggest you shouldn't go on a diet. But we do recommend that you consult with a physician and choose a weight-loss program carefully – and that you balance it with an intelligent daily regimen of vitamin and mineral supplements.



Low-calorie liquid diets have been much in the news of late. Before beginning any weight-loss program, you should consult with your physician.

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Shown smaller than actual size of 15 inches tall. Complete with watering can, fabric flowers in a pail, and doll stand.

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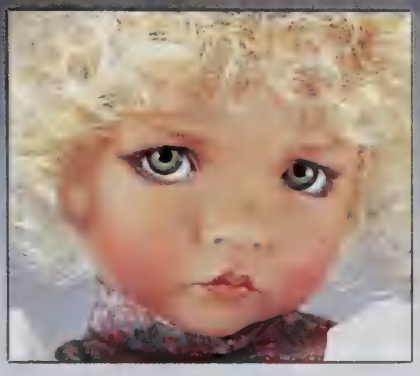
"Mary, Mary, Quite Contrary"



ry" wants to take care of her "gar-" all by herself. When you inter-t her, she'll act "quite contrary," only for a moment. Just tell her v pretty her garden is, and she'll n be all smiles again!

Mary, Mary, Quite Contrary" is first issue in a new collection of sery rhyme dolls by artist Dianna ner for the Knowles China npany.

ality Craftsmanship Every Detail

ary, Mary's" head, arms, and legs are hand-cast ine bisque porcelain. Her expressive features are id-painted, with hand-set green eyes, and soft nde ringlets frame her face. "Mary's" head is also y poseable, so she can look down as she "waters" little garden.

[er full-sleeved frock is tailored of cotton-blend ic in soft pastels. Over it, "Mary" wears a dainty afore with winged sleeves, highlighted by smock-, pintucking, threaded ribbon, and embroidered let trim. Matching pantaloons and complemen-shoes complete the costume. Her enameled al watering can and pail are delightfully hand-orated. Each doll is hand-nbered and comes with a ching numbered Certifi-e of Authenticity.

valuated against *The Uni-Grading Standards for Dolls* he Ashton-Drake Galleries, se distinctive features have ned "Mary, Mary, Quite ntrary" the Standards' hest rating for artistry and craftsmanship—Premiere Grade.

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Doll	Maker	Year of Issue	Issue Price	Auctioned Price*	Change
"Little Bo Peep"	Knowles	1987	$58	$425	+$367
"Mary Had a Little Lamb"	Knowles	1988	$58	$275	+$217
"Little Jack Horner"	Knowles	1989	$63	$175	+$112

*Source: International Doll Exhibitions & Auctions, Ltd. Prices realized at the June 30, 1990 auction. Other resale prices may vary.

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ly satisfaction is unconditionally guaranteed. I under-nd that I may, for any reason, return "Mary, Mary" to the nton-Drake Galleries at any time within ***one full year*** after ceive her for a refund or credit of the full purchase price, uding postage.

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76471-D88063

(continued) fatal. According to the National Center for Health Statistics, it killed nearly seventy-four thousand people in 1989.

A vaccine against pneumococcal pneumonia, the most common and widespread bacterial pneumonia, is now available, but only 10 percent of high-risk patients—children under age two, the elderly and the chronically ill—are getting it. According to the American Medical Association, that's partly because many doctors still underestimate the vaccine's potential benefit, perhaps partly because it's relatively new.

Symptoms depend on whether the pneumonia is caused by a virus, a bacterium or a mycoplasma (an organism that is neither bacteria nor virus but has characteristics of both). If pneumonia is caused by a virus or mycoplasma, symptoms include a hacking, non-productive cough with fever and chills that last two minutes or less. When caused by bacteria, signs are a phlegmy—often bloody—cough, chest pain on coughing and chills that can last as long as twenty minutes.

Rx: Antibiotics are prescribed for patients whose pneumonia is caused by bacteria or mycoplasma. Patients with viral pneumonia can usually obtain relief using over-the-counter medications.

SINUSITIS 1991 DIAGNOSIS

Sinusitis, an inflammation of the sinus cavity's lining, is a common complication of the cold and flu.

Rx: If you have a cold or flu, and begin to experience pain around or under your eyes or upper teeth along with fever and thick, discolored nasal mucus, see your doctor. If a bacterial infection is present, she may prescribe antibiotics. If sinusitis is chronic, surgery to enlarge the sinus openings into the nose may be needed to allow it to drain. Other treatments include nose sprays, decongestants and steam.

STREP INFECTION 1991 DIAGNOSIS

Easily diagnosed with a throat culture or a newer, fifteen-minute in-office test in which the physician swabs the patient's throat and then analyzes the sample for strep bacteria. This ailment often strikes schoolchildren, who are crowded together in classrooms, and who share food and drink. However, it can strike people of any age and is often signaled by the sudden onset of high fever, sore throat and swollen glands.

In 1987, doctors in California and elsewhere began to see patients who had symptoms similar to toxic shock syndrome—including high fever and dangerously low blood pressure—but who tested positive for group A strep instead of the staph germ.

Rx: Strep is treated with antibiotics, usually penicillin. Left untreated, up to 3 percent of cases develop into rheumatic fever, a complication that can permanently damage the heart valves.

TUBERCULOSIS 1991 DIAGNOSIS

Once common only among malnourished people and those living under extremely crowded conditions, TB is now spreading to other populations as well. According to public health officials, that's partly due to the growing numbers of those whose immunity has been destroyed by the HIV virus, which causes AIDS. In an attempt to deal with this rising threat, Barry R. Bloom, Ph.D., professor of microbiology and immunology of the Albert Einstein College of Medicine, in New York, is studying the body's response to the TB virus. He hopes his research will enable doctors to boost the immunity of those infected with TB and speed the development of a new and more effective vaccine.

A tuberculin skin test detects any exposure to the TB germ; chest X-rays and lab tests pinpoint the stage of the disease. Testing is recommended if you suspect you might have been exposed to TB or HIV, if you take drugs that suppress the immune system, or are diabetic or malnourished.

Symptoms include a chronic cough, fatigue, weakness, night sweats, unexplained weight loss, bloody sputum and low-grade fever.

Rx: TB is treated with antibiotics; a course of drug therapy for at least six months will generally stop the tiny bacterium, *mycobacterium tuberculosis*, from permanently damaging the lungs.

STAYING HEALTHY

Although there are now many remedies to choose from, prevention is still the most desirable medicine. Below, four steps to take:

■ **STAY FIT.** Eating a balanced diet and exercising regularly will enhance your body's immune system.

■ **SAY YES TO SHOTS.** Get vaccinated against influenza and pneumococcal pneumonia, if you are at risk for either.

■ **STOP SMOKING.** Cigarette smoke may reduce the immunity of smokers themselves and of the people around them, who are forced to inhale smoke-filled air.

■ **USE A HUMIDIFIER** if necessary, but be sure to follow manufacturers' advice about disinfecting it. You may also want to consider one of the other devices now on the market, including vaporizers, which fill the room with warm steam and may ease congestion; the rhinotherm machine, which delivers steam directly to the nose and throat; and the viralizer, which delivers hot air directly to the nose and throat.

For more advice on how to look and feel your best this winter, see "The real skinny on diets," page 120; "Fiber facts," page 68; and Medinews, page 66.

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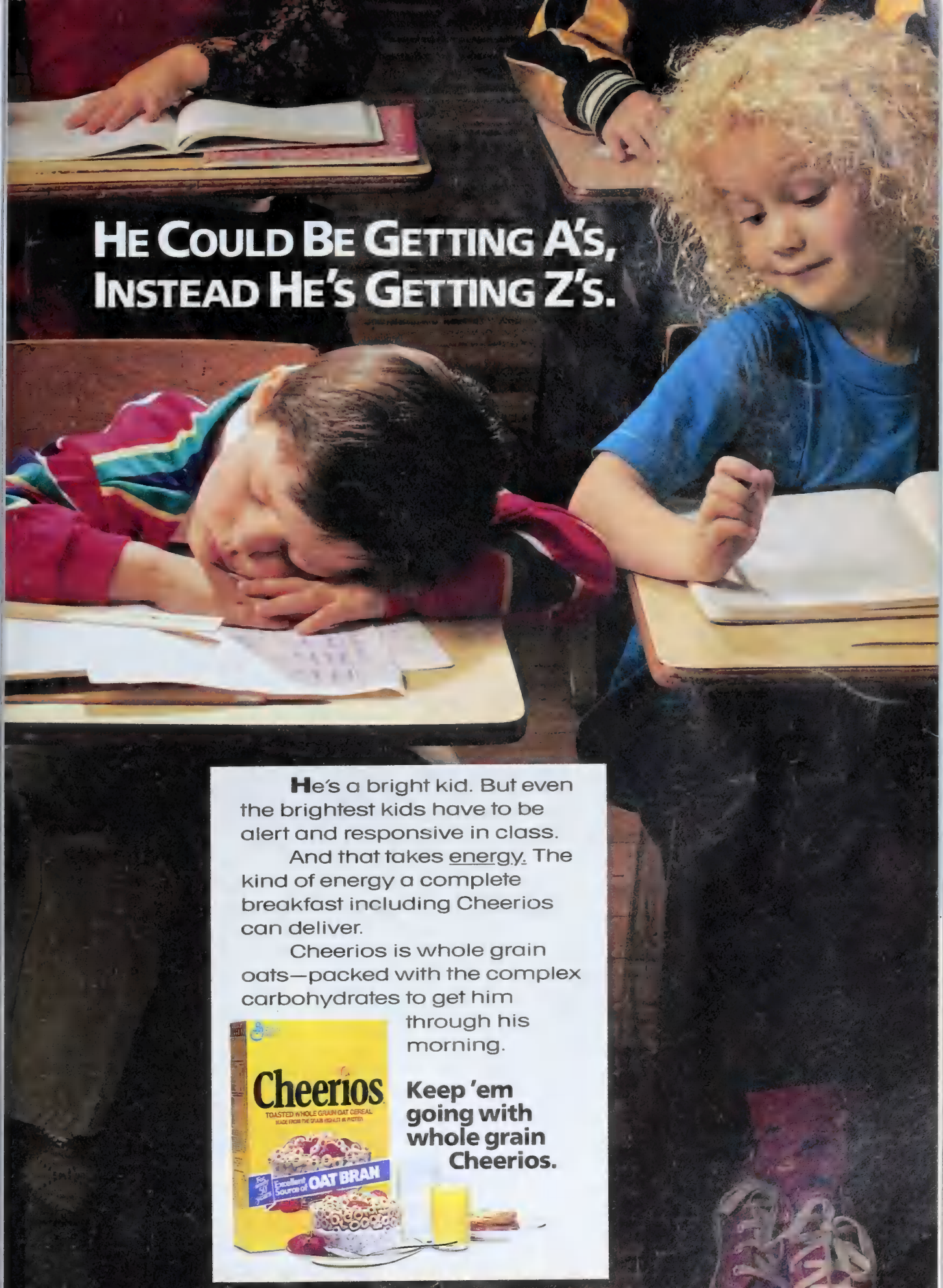
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SPECIAL REPORT

DEPRESSION UPDATE

NEW HOPE FOR AN OLD PROBLEM

BY JEAN FAIN

Every year after she turned eighteen, Elissa Falk would fall into a deep gloom sometime around Thanksgiving and stay there until late spring. Falk—now a forty-two-year-old high school guidance counselor in Baltimore—felt exhausted and blue, and some years she experienced such anguish that death seemed preferable to her joyless existence. At eighteen, she slept with a razor blade under her pillow. "I used to think that when I couldn't bear the pain anymore, I'd just end it," Falk recalls.

Over the next twenty years, she sought help from a number of therapists and physicians, thought seriously about suicide several times, and went through a divorce before she finally learned the source of her pain: major depression that occurred in a seasonal pattern, making her feel especially low each winter. "I thought I was nuts," she says. "For a long time, I really didn't know there was an illness called depression—or medical treatment for it."

An estimated 14.9 million American adults will suffer from some form of depression during their lives. It has become so prevalent that experts call it "the common cold of mental illness."

Now, however, more and more Americans are coming to recognize they have it. The stigma is fading, to some degree because of the candor of such well-known sufferers as Kitty Dukakis, who wrote about her illness in her best-seller, *Now You Know* (Simon & Schuster, 1990), and novelist William Styron, who chronicled his battle with depression in *Darkness Visible: A Memoir of Madness* (Random House, 1990).

According to the National Institute of Mental Health (NIMH), two thirds of all depression sufferers are female; most are between twenty-five and forty-four. Being happily married seems to afford some protection; the highest rates are found among people who are separated, widowed or divorced. But adults aren't the only victims; some researchers believe that up to 4.5 percent of teenagers and 2 percent of all children under twelve may suffer from the disease.

Over the years, doctors have identified several distinct types of the disorder, although some people suffer from more than one depressive illness. Major depression—the most common form—will affect over ten million people at some point. It's often characterized by constant fatigue, weight and sleep disturbances, and persistent feelings of worthlessness that may result in suicidal thoughts. Victims frequently lose interest in pleasurable activities such as socializing and sex.

Seasonal affective disorder (SAD), a condition most often caused by a lack of sunlight that is thought to alter brain chemistry and trigger depression, also plagues at least ten million people, many of whom—like Elissa Falk—may suffer from other types of depression, too, says Norman E. Rosenthal, M.D., author of *Seasons of the Mind: Why You Get the Winter Blues* (Bantam, 1989). Another twenty-five million people, he estimates, suffer a milder form of the winter blues. As its name indicates, SAD follows a seasonal rhythm; typically it hits in late fall or early winter and lasts until the following spring. SAD sufferers frequently crave carbohydrates and experience fatigue and sleep problems.

DEPRESSION IS SO WIDESPREAD THAT IT IS NOW KNOWN AS "THE COMMON COLD OF MENTAL ILLNESS"

The 5.9 million Americans who have *dysthymia* (chronic depression) report many of *(continued)*

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(continued) the same symptoms, but in a milder form—suicidal inclinations are less frequent. But if symptoms are milder, chronic depression often lasts longer—at least two years, compared with major depression, which typically—but not always—abates within six months. *Manic depression*—characterized by alternating bouts of depression and elation—affects about 1.4 million in the U.S. Manic-depressives feel exhausted and tireless by turns; in the manic phase, they may behave impulsively and destructively, often bingeing on shopping, work or sex.

SEASONAL AFFECTIVE DISORDER—CAUSED BY LACK OF SUNLIGHT—PLAGUES MILLIONS EACH WINTER

Scientists have learned an enormous amount about the causes of all these conditions in recent years. Victims are no longer regarded as suffering some kind of character flaw that can be corrected through sheer force of will. Rather, a great deal of evidence suggests that, like many other diseases, depression is the result of a combination of genetic vulnerability and environmental stress.

One thing scientists have focused on is the role of neurotransmitters—substances in the brain that send chemical signals between nerve cells. For reasons doctors don't yet understand, neurotransmitters do not seem to function properly in these patients.

Some doctors think that these aberrations arise spontaneously; others believe they are triggered by stress.

Although this issue is still unresolved, increased knowledge about depression's causes has made it much easier to treat, with a host of options, including various medications and even short-term psychotherapy.

But although an estimated 80 percent of depression sufferers *can* be treated effectively, only one third actually receive any kind of therapy. "Two thirds are living in misery, subject to marital disharmony, job loss, even suicide," says Lewis L. Judd, M.D., former director of the NIMH.

While some victims may not have access to treatment, thousands simply do not recognize what is wrong with them—or realize that help is available.

FAMILY AFFAIR

Who is most likely to develop the ailment William Styron calls "a veritable howling tempest in the brain"? Experts say that although gender, age and marital status are contributing factors, a family history of the illness is one of the greatest risk factors for depression. Children of a depressed parent may be two to three times more likely than others to become depressed at some point. Although evidence strongly suggests that the parent's genetic makeup helps determine a child's vulnerability to developing depression, the environment the parent creates is also believed to play an important role.

Depressed children experience many of the same symptoms as adults, including sadness, fatigue and sleep disturbances. In many cases, children may feel hopeless, even suicidal. The condition in the young is often overlooked, however, especially when symptoms are mixed with other behaviors such as hyperactivity or delinquency. Children who are under constant stress—such as those who suffer from a chronic illness or who lose parents or close relatives—may be more vulnerable. Treatment for childhood depression often consists of medication, frequently combined with family or individual therapy.

TURNING RAGE INWARD

It's still unclear why so many more women than men succumb to the illness. One expert, Jean Baker Miller, M.D., a psychiatrist and author of *Toward a New Psychology of Women* (Beacon Press, 1986), believes cultural conditioning plays a large role. Females, she believes, are far likelier than males to keep their feelings of rage to themselves instead of exploring them and using them to make their lives better. Men are more likely to let out angry feelings. Unreasonable self-criticism can also be a factor, Baker says, as women are more likely to blame themselves for whatever is wrong with their lives, while men tend to blame others.

Whatever its cause, there is as yet no way to prevent an initial episode of depression. However, recurrences within a two-year period—which plague as many as 40 percent of all sufferers—can often be prevented or reduced.

Treatment is largely determined by the type of disorder. Victims of SAD can often benefit from various options, including light therapy, which involves sitting in front of a special bank of bright lights, sometimes in combination with psychotherapy and antidepressants. Walks in winter sunshine may also help ease mild *(continued)*

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(continued) seasonal depressions, which—not surprisingly—are more prevalent in northern climates. Victims of major depression are often given antidepressants; one group, the tricyclics, includes Elavil and Tofranil; another, monoamine oxidase inhibitors (MAOIs), includes Nardil and Parnate. Both classes of drugs ease depression by modifying brain chemistry. They are not without problems, though; both can cause weight gain and sedation. Tricyclics can also produce dry mouth, constipation and irregular heart rhythms, while MAOIs can prove fatal in combination with certain foods, including aged cheese, beer, wine, yogurt and sour cream. Drug therapy is usually used in conjunction with some kind of psychotherapy. People who suffer from chronic depression are usually treated with psychotherapy initially; drugs may also be prescribed at some point. Manic-depressives are usually given lithium, a mood-stabilizing drug. Although it is very effective in many cases, lithium can produce various side effects, such as weight gain, increased thirst, vomiting and hand tremors. Psychotherapy can also be beneficial.

Jolting people out of depression with electroconvulsive therapy (ECT) was often used in the fifties and sixties and is still used today in the most severe cases: patients who cannot function at all, who are likely to kill themselves, or who are delusional or unresponsive to drugs. Although researchers don't know exactly why ECT works, sending a controlled electrical current through electrodes attached to the head, which produces a mild brain seizure, does lift depression.

Another treatment option is a different class of antidepressants, the best known of which is Prozac (fluoxetine hydrochloride). Widely hailed as a miracle drug after it was introduced in 1988, Prozac quickly became the nation's most-prescribed antidepressant, although it's very expensive—about $1.70 per capsule.

It is also quite controversial. One of Prozac's initial selling points was that its side effects were less troublesome, but scary reports about the drug surfaced earlier this year. Martin H. Teicher, M.D., of McLean Hospital in Belmont, Massachusetts, estimates that 3.5 percent of people taking Prozac experience suicidal thoughts and feelings. In the wake of negative publicity, support groups for "Prozac survivors" began to spring up, and suddenly the drug's manufacturer, Eli Lilly and Company, was the target of numerous lawsuits.

Despite the flak, most patients who have taken Prozac say the drug has helped them, and many respected psychiatrists stand by it. They point out that the medication has produced largely positive results in tests of over eleven thousand people since the mid-seventies and has been prescribed to more than three million patients. Even those who believe Prozac can be extremely helpful, however, caution that it is not a panacea. "It's no wonder drug," says the University of Pittsburgh's David Kupfer, "but Prozac will find its place among the armamentarium of antidepressants."

SHORTER THERAPIES

Other methods of treatment have been expanded with short-term psychotherapies, especially cognitive and interpersonal therapy. Unlike traditional psychodynamic therapy, which focuses on unresolved conflicts rooted in early childhood, cognitive and interpersonal therapies concentrate on the present and produce results in a matter of months rather than years. Cognitive therapy—which was developed in the seventies by psychiatrist Aaron Beck and his colleagues at the University of Pennsylvania—helps patients identify negative thought patterns and substitute more realistic ones. For example, a thirty-year-old unmarried woman consulted a cognitive therapist to help her deal with feelings of depression and loneliness. In the course of treatment, the patient realized that she was adding to her problem by labeling her single status as a curse. Part of her treatment involved making a list of the *benefits* of being unmarried, such as independence. The process of deliberately thinking more realistically about one's life, say experts, can help lift depression.

Interpersonal therapy—developed over the past two decades by Myrna Weissman, Ph.D., of Columbia University, and psychiatrist Gerald L. Klerman, of Cornell University Medical College—lifts depression by working to resolve interpersonal conflicts with spouses and other families at home and with bosses and colleagues at work. Klerman and Weissman believe that the loss of critical, intimate relationships with parents and other important figures underlies many cases of depression. Because of this, an interpersonal therapist might help a depressed patient focus on unresolved feelings following a parent's death, or on family conflicts and crises. In a four-month NIMH study published in 1989, both short-term therapies were shown to be just as effective as antidepressants in treating major depression.

Despite these advances, researchers say there's no magic treatment for depression; different methods work for different people, and many patients will need both medication and some brand of psychotherapy. But as scientists work toward a better understanding of this widespread problem, even more effective remedies are sure to follow.

FOR MORE INFORMATION

Contact the following organizations:

NATIONAL ALLIANCE FOR THE MENTALLY ILL, 2101 Wilson Boulevard, Suite 302, Arlington, VA 22201; 1-800-950-NAMI.

NATIONAL INSTITUTE OF MENTAL HEALTH, Depression, Dept. J, 5600 Fisher's Lane, Rockville, MD 20857.

NATIONAL DEPRESSIVE AND MANIC-DEPRESSIVE ASSOCIATION, Box 1939, Chicago, IL 60604; 312-939-2442.

NATIONAL MENTAL HEALTH ASSOCIATION, 1021 Prince St., Alexandria, VA 22314-2971; 800-969-6642 or 703-684-7722.

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SPECIAL REPORT

"MOMMY, I DON'T FEEL GOOD"

WHEN KIDS GET SICK, YOU FEEL DOWN, TOO. WHAT'S A MOTHER TO DO? HERE, FROM DOCTORS AT OUR PEDIATRIC HEALTHLINE, ANSWERS TO THE WINTER'S MOST-ASKED PEDIATRIC QUESTIONS.

BY MARGERY D. ROSEN

Winter is the most worrisome season for many parents. "No question about it, we get two to three times as many calls from parents during the winter months than at any other time of the year," says Joseph J. Chiarro, M.D., medical director, pediatrics special care, at the Arnold Palmer Hospital for Children and Women, in Orlando, Florida.

What questions do pediatricians most frequently hear? We culled the records to find out, then spoke with our healthline doctors at Arnold Palmer Medical Center to get the very latest medical information—answers every mother can use.

It seems our two-year-old daughter barely gets over one ear infection before she gets another. What do you suggest?

It's not uncommon for some children to get recurrent ear infections (*otitis media*) or to develop a buildup of fluid in the middle ear as a result of past infections. The most common reason for this recurrence is an abnormal functioning of the eustachian tube, which connects the middle ear to your mouth and helps equalize pressure between the middle ear and the outside world as well as drain secretions into the throat and nasal passages. Children's eustachian tubes are small and lie in a more horizontal position than do those of adults, and in some children, the secretions don't drain as they should. (By the age of two or three, the tubes begin to grow, and by age six or seven, they're about the size of an adult's; that's why you often hear that a child has "outgrown" her ear infections.)

When a child gets a cold, mucus and other fluids may build up in the middle ear, and if the eustachian tube is not functioning properly, that buildup can remain there; sometimes it can cause acute pain, sometimes no pain at all. But it may affect hearing, and it may increase susceptibility to other infections since the buildup acts as a breeding ground for bacteria.

Generally, if a child has four or more infections in a six-month period, or if a doctor determines that the fluid is not draining properly, he may prescribe prophylactic (preventive) antibiotic treatment (at bedtime throughout the winter, when we see most ear infections).

If this doesn't help, and if the doctor then determines that a significant hearing loss has taken place, he may suggest you consult an ear, nose and throat specialist to rule out any other problems (such as infected adenoids or tonsils). The specialist can also determine if inserting plastic tubes, which act as artificial eustachian tubes, will help. However, this is a controversial procedure, and should not be undertaken lightly.

Whenever my kids get a fever, I never know whether I should call the doctor or just wait and see. When is a fever worth a call? How do you treat a fever?

It's important to remember that fever is not a disease in itself but a signal that the body is fighting an infection. In fact, fever can sometimes help you track the progress of the child's illness. (Fever in a newborn or a child under one year may be dangerous, *(continued)*

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about Julie's fever?"
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KIDS' HEALTH
continued

however, since the child has little resistance to infection—and fever in a child under three months should absolutely be seen by a doctor.)

Fever is usually defined as a rectal temperature of over 100.4°F. or an oral temperature of over 99.4°F. You should take a child's temperature rectally until she is old enough to hold a thermometer steady under her tongue for two minutes. In most cases, a low-grade fever (that is, anything up to 101°F.) is not considered dangerous. Even a high fever is not necessarily serious. Your best indicator is your child's general appearance: A happy, playful child with a high fever is probably not as sick as one who has a low-grade fever but appears listless and is vomiting. Likewise, some children routinely run high fevers even with minor infections. To be on the safe side, call your pediatrician if a child's temperature is 100.4°F. or higher and the child is unusually drowsy, is vomiting, has difficulty breathing or has diarrhea.

To treat a fever, you can give a child acetaminophen, which should bring it down and make her feel more comfortable. A very high fever may also be brought down by giving the child a tepid sponge bath and cool liquids to drink. Children should stay home and away from other kids until the temperature has been normal for twenty-four hours, though they don't have to remain indoors.

My twenty-month-old had a bad cold for about a week. The cold has cleared up, but he's left with a bad cough and a rattling in his chest that has me worried. Is it serious? Can I give him anything for the cough?

From what you've said, your child's cough is probably not serious. It's quite common for children under three or four to be left with a persistent cough for as long as two to three weeks after the primary cold is resolved. Small kids don't ha the muscular coordination to cou up and spit out mucus, and th rattling you hear is probably muc in the large airways. You can try over-the-counter cough preparati If your child is bringing up a lot mucus, elevate his head and use vaporizer. If he has a cough with runny nose, use a cough prepa tion with a decongestant. If he ha dry, hacking cough, a suppressant in order. Be sure to read the lal and follow directions, especially a child under two. If the cou seems to be worsening, if your ch develops a fever or if he sta wheezing, call your doctor just make sure he doesn't have pneum nia or asthma.

My six-year-old daughter occasiona complains of headaches. I know it's sil but my mind leaps immediately to bra tumor. Why do kids get headaches?

Children do get headaches, thou most of the time, just as in adult they're not serious. But jumping thoughts of a serious problem is al a very common thing for parents do, so let's first talk about head pa that can be cause for concern: If th child has a severe and persiste pain in the head for more tha twenty-four hours, call your doct immediately. Call, too, if seve head pain is associated with vomi ing, inability to move one side of th body, stumbling or unusual sleep ness, or if it incapacitates your chil and prevents her from engaging i normal activities.

Head pain in general can be trig gered by myriad causes—allergie tension, colds and flu, ear infection sinusitis and so on. If your child ha a headache that doesn't seem se vere, but it's been lasting, say, for week, have her examined by you pediatrician to rule out any of thes conditions.

If no physical cause is apparen your doctor may suggest you an your child keep a diary of when th headaches occur. This may help yo track a functional pattern: Perhap the headache is related to a food you child is eating; perhaps she's havin difficulty sleeping and she's tired; o

haps she gets motion sickness m being in a car, and *that*'s caus- head pain. An analgesic, such as taminophen, should relieve pain.

ryone has a different opinion on the t time to start my four-month-old son solid foods. I'm still nursing him. Is it e to supplement breast milk and if how should I begin?

eryone has a different opinion be- ıse, to be honest, there really is no ıgle best time. From a nutritional ndpoint, breast milk (or iron-for- ed formula) is perfectly sufficient a baby until the age of eight to ı months. But around four or five nths, some babies are no longer tisfied with just breast milk. hen this happens, you can start roducing solid foods slowly, one w food a week, beginning with ose known to produce the fewest lergic reactions. I usually recom- end a rice cereal, then the yellow getables and fruits such as ba- nas, applesauce and pears. Check bels to be sure there are no addi- es such as sugar or salt.

Whenever you start a new food, a by might be upset and cry be- use he is not used to the texture. ut if the baby continues to cry, fuses to eat or develops diarrhea hives, he may be having an aller- c reaction. Stop the foods and eck with your doctor. In general, ait until nine months of age to art foods such as eggs, wheat, to- atoes and strawberries.

Incidentally, no matter what you e told, there is no proof that start- g solid foods early will help a by sleep through the night.

he doctors who participated in this re- rt are: Joseph J. Chiaro, M.D.; Diane night, M.D.; Frank A. Lopez, M.D.; obert L. Manniello, M.D.; Mark Swan- n, M.D.; John Tilelli, M.D. Additional formation was provided by Ralph Cash, D., of Children's Hospital, Detroit.

u can call the Pediatric Healthline the first ednesday of every month between six and ne P.M., Eastern time, at 800-727-9434. eginning with the January 2 healthline, a ctor of obstetrics and gynecology will also be hand to answer your questions about wom- n's health.

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MEDINEWS

Up-to-the-minute information on decaf, eye care, menopause and more to help you and your family stay healthy.

By Joan Lippert

DOUBTS ABOUT DECAF

If you've switched to decaffeinated coffee for the sake of your heart, think again. Researchers at the Harvard University School of Public Health recently compared heart-attack rates in more than forty-five thousand male coffee drinkers. (As is too often the case, women were not studied.) They came up with two surprising findings: Men who drank four or more cups of decaf daily were 50 to 60 percent *more* likely to develop heart attacks than were abstainers, while those who drank four or more cups of regular coffee a day barely increased their heart-attack risk. Walter Willett, M.D., professor of epidemiology and nutrition, cautions that these results are preliminary, and that future studies are needed to pin down any definitive link between decaffeinated coffee and heart disease.

Joan Lippert is a writer based in Hastings-on-Hudson, New York.

THE MYTHS OF MIDDLE AGE

Good news for aging baby boomers! Mid-life may not be a time of crisis after all. A recently completed University of Massachusetts study of forty-seven women and forty-seven men showed that none of them experienced unusual personality upheavals during their thirties and forties. Another study at the University of Pittsburgh of sixty-nine healthy women who had gone through menopause about a year before concluded that they experienced no more overall anxiety, anger, depression or job dissatisfaction than they had three years earlier.

POST-SEX PILL FOR UTIs

Taking antibiotics after sex may spare women who are prone to recurrent urinary-tract infections (UTIs) the pain of reinfection. Doctors estimate that up to 10 percent of women have frequent, painful UTIs, and until recently, many have taken antibiotics regularly to ward off infection. In addition to being costly, taking antibiotics constantly can promote the growth of drug-resistant bacteria. A recent study at the University of Washington at Seattle, however, showed that taking small doses of antibiotics only after sex worked well, too. Of the sixteen women with recurrent UTIs who took antibiotics following intercourse, only two experienced an infection during the six-month trial, compared with nine out of eleven UTI sufferers who took placebos.

VISION BOOSTERS

■ *New and better lenses.* Cataract patients will soon be able to choose between standard single-focus implant lenses and new multifocal lenses that can eliminate the need for reading glasses. Studies at the University of Minnesota, in Minneapolis, and elsewhere show that unlike standard implants, most of which permit only distance vision, the new lenses allow patients to focus on nearby *and* faraway objects. Earl Crouch, M.D., of the American Academy of Ophthalmology, says over 75 percent of the nearly five hundred patients who've tried multifocal lenses so far have been very satisfied. The new implants should be available this summer.

■ *Laser correction.* There may be an alternative to radial keratotomy to surgically reshape the cornea for nearsighted people who can't wear glasses or contact lenses. Although long-term results aren't expected until 1994, studies on patients at the University of Kansas at Kansas City, and elsewhere, suggest that a special laser, known as an excimer, may be a better choice than a scalpel—which is used in radial keratotomy to cut away tissue. Doctors say the excimer laser, which gently breaks down tissue rather than burning it away, may be safer and more precise than other lasers and leave less scar tissue, which can interfere with vision correction.

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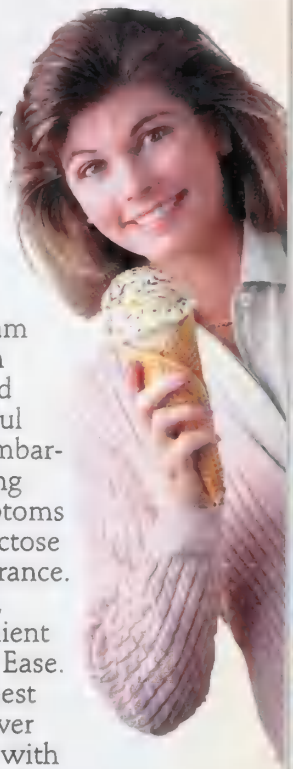

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NUTRINEWS

Eating to stay healthy ■ Bewildered by the bran brigade? Here's help in separating the myths from the truth.

By Carole Sugarman

FIBER FACTS

Our grandparents called it roughage, and the subject was long considered about as glamorous as, well, a prune. But in recent years, the bountiful health benefits of fiber have become apparent, and everything from good old prunes to assorted brans to such exotics as psyllium has had its moment in the headlines. This steady diet of hype, however, has left consumers more confused than ever. To help, we've separated fiber facts from the exaggerations and the unknowns.

First, what is fiber? It's simply the indigestible portion of fruits, vegetables, grains, nuts and seeds, the material that gives plants their rigid structure. Fiber helps the body eliminate wastes and seems to play many other essential roles. Given our taste for highly refined foods, however, Americans don't get enough of this useful substance. According to the Department of Agriculture, men on average eat 17.5 grams a day; women, only 12 grams—far short of the 20 to 30 grams recommended by experts as potential protection against cancer and heart disease.

Fiber comes in two classes: insoluble and soluble, which break down at different rates in the body. Most plant foods contain some of both. Here's what you need to know about each.

Nature's scrubber

By providing bulk, *insoluble* fiber helps food wastes move through the intestines more quickly, promoting regularity and relieving diverticular disease, an intestinal disorder. There's increasing evidence of another benefit, too. Many studies show that the U.S. has a much higher colon-cancer rate than other nations—notably China and some African countries. Scientists attribute some of the difference to the high-fiber diets consumed in those other lands, and they're currently researching the complex chemical processes involved. Experts note, however, that other factors may be at work as well; high-fiber diets are usually low in fat and offer a larger dose of vitamins and other components thought to have anticancer properties. Still, while scientists continue to investigate, a low-fat, high-fiber diet is prudent for almost anyone.

Oat bran and friends

Soluble fiber is less understood, but scientists say it is an effective weapon against high blood cholesterol; it might act in part by binding with cholesterol-containing molecules and sweeping them away. Oat bran, the outer covering of the oat grain, is especially high in this substance, and it threatened to blanket our nation about five years ago. Presented with a cavalcade of oat-bran cereals, crackers and, of course, muffins, consumers opened their pocketbooks. Unfortunately, many people remained fat foolish; we saw some cockeyed combos, such as oat-bran potato chips.

Then, last January, a Harvard Medical School study suggested that we'd overdosed on oat bran, that it had no biochemical effect on cholesterol. Many experts disagreed, but the hoopla was over. Now many scientists think oat bran probably works for the people who need it most—those with high cholesterol levels—helping them to get down to a healthy range and stay there. Research is ongoing. And even if oat bran is not a magic bullet, it's still a strategic part of a healthy, low-fat diet. So are its cousins, beans and barley, which are also rich in soluble fiber. Oat bran got all the early glory because savvy oatmeal-makers were the first to fund studies and publicize the findings.

Then there's psyllium, which inherited oat bran's glamour for a while. Used for years in laxatives and currently in one supermarket cereal and some diet wafers and other products, this edible plant is another soluble-fiber storehouse that lowers cholesterol. But it has been dogged by controversy. The Food and Drug Administration is still scrutinizing the use of psyllium in food; in the meantime, no health claims may be made *(continued on page 164)*

NEW-WAVE WALDORF

The fiber's always been there, but we've slimmed down this classic salad from the famous hotel.

In small bowl combine 1 container (8 oz.) plain low-fat yogurt, 2 teaspoons honey, 1 teaspoon grated orange peel and ⅛ teaspoon salt for dressing.

Cut 1 green apple, 1 red apple and 1 pear into ½-inch pieces (with peels). Toss in large bowl with 1 sliced celery rib, ¼ cup toasted slivered almonds, ¼ cup golden raisins, 3 tablespoons orange juice, 1 tablespoon fresh lemon juice and ¼ cup dressing. Spoon salad evenly onto 4 salad plates lined with spinach leaves. Serve with remaining dressing. Makes 4 servings.

Nutrition info per serving: 195 calories, 5 gm protein, 6 gm fat, 35 gm carbohydrates, 120 mg sodium, 4 mg cholesterol, 4 gm fiber.

Recipe by Helen Taylor Jones.

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FAMILY PORTRAIT

Bruce and Dianne Tone and their children once had to survive on the streets. Now, thanks to an unusual program, they have a brand-new house. Plus: an interview with former First Lady Rosalynn Carter, who's taken a hands-on approach to helping the homeless. **By Elaine F. Whiteley**

A HOME OF THEIR OWN

The flier looked like an ordinary leaflet, but to the Tones, it meant hope. It announced that Habitat for Humanity—a nonprofit ecumenical Christian organization—would soon build new homes for selected families in their area.

The news couldn't have come at a better time. Bruce and Dianne Tone, both thirty, and their children—Shanell, ten, Bruce, eight, and Gabriel, five—had been living hand-to-mouth in low-income housing for years with no foreseeable way out. In 1984, Bruce was laid off from his job as a welder, then became disabled. Although Dianne worked full-time for a photo company, her pay of $4.25 an hour, plus Bruce's disability payments, wasn't enough to keep up with their rent. The Tones were forced to begin what would be a four-year series of moves: first living with relatives, then in neighborhoods inhabited by prostitutes, vagrants and gangs.

Just when things seemed hopeless, Bruce's mother received the Habitat flier in the mail. "It seemed too good to be true," Bruce remembers. "I couldn't believe it—the possibility of a home of our own in a nice neighborhood."

Habitat for Humanity is dedicated to combating homelessness and slum housing worldwide. Since 1976, its volunteers have built or renovated some sixty-five hundred homes from Manhattan to Uganda.

Working by biblical principles, Habitat makes no profit on the houses it provides—it receives only small monthly mortgage payments to cover the cost of the land and materials (much of which are donated). Beneficiaries must also donate five hundred hours of "sweat equity" work on Habitat homes.

The Tones were one of eighty families who applied for the seven homes that would be built in Encanto, California; an additional hundred homes would go up across the border near Tijuana, Mexico. Habitat officials conducted thorough background checks on the families to determine their ability to pay the mortgages; applicants were also asked to clean the trash-filled 1.4-acre field where the houses would be built. *(continued)*

Photos, from top: Dianne, Bruce, Shanell, Gabriel and little Bruce in front of their first real home; at the Encanto, California, worksite; volunteers raise the framework for the Tones' home—it was completed within three hours

TAKE A MOMENT.

FEEL YOUR HANDS.

What are they saying about you?

FAMILY PORTRAIT

From top: Dianne and Bruce work on the wooden beams of the wall frame; in the kitchen—Habitat provided the plumbing and new appliances; the home that many dedicated volunteers helped build

(continued) Waiting to hear Habitat's decision was the hardest part for the Tones. "I spent a lot of time praying," remembers Dianne. "I even put all the Habitat paperwork inside my Bible, hoping it would get blessed."

On April 27, 1990, Dianne got the call from Charlene Atkins from the selection committee. "When she said, 'You're one of the families,' " Dianne says, "I stood there screaming, wanting to jump through the ceiling!"

From there, things moved quickly. For two months, the families and local professionals readied the site for the volunteers—including former President Jimmy Carter and his wife, Rosalynn. Most of the fifteen hundred volunteers would work in Mexico, while others would commute to the Encanto project.

On Monday, June 18, the building began in earnest. Although they had never built a house before, Bruce and Dianne learned to hammer beams and staple plaster paper. In just three hours, the framework was in place. The volunteer day crew shingled roofs, hung drywall, installed cabinets and carpet and painted; at night, skilled laborers installed plumbing and wiring.

On Tuesday, the Carters worked on a house near the Tones'—hammering and sawing as hard as any of the other volunteers. "I consider the Carters true humanitarians," says Dianne. "For a former President and his wife to do this for people they don't even know really touches me."

On Saturday morning, seven freshly painted homes stood where bare foundations had been just six days earlier. Everyone gathered for the house blessing—a program highlighted by a special prayer for the homes and families. Blinking back tears, Bruce and Dianne thanked their new friends for their kindness.

To look at the three-bedroom house today, you'd swear the Tones had lived in it all their lives. Shanell loves having "a bedroom of my own," while her brothers enjoy the roomy backyard.

The monthly payment of $400 is less than what the family had paid for previous apartments, and this is one place they'll never have to leave. "We believed that all our lives we'd pay rent on something that could never be ours," says Dianne. "Now we have a home to grow old in, and our children will always have a place to call their own." ■

A FIRST LADY BUILDS A DREAM

Rosalynn Carter once lived in the most famous house in America, entertaining statesmen and attending genteel dinners. Now she sometimes spends days dressed in jeans, slapping plaster onto walls, sleeping in a tent at night—and she says she's never been happier.

Since 1982, she and her husband, former President Jimmy Carter, have devoted one week a year to Habitat for Humanity, working the same hours as the other volunteers and sharing the same sleeping areas; in fact, they spent their fortieth anniversary in a run-down hotel in Chicago while working on a project there. In addition, Jimmy Carter once served as director of Habitat, and Mrs. Carter is one of its advisers. "We are trying to help alleviate the suffering of the poor," Mrs. Carter says simply.

She considers all her Habitat projects special, but a particularly fulfilling one comes to mind: The Carters were helping renovate a dilapidated Philadelphia apartment belonging to a woman, her invalid husband and their six children. One evening, a Habitat official announced to the families and volunteers that an entertainment program hadn't been planned for that night and asked if anyone would like to sing. The woman rose.

"In a beautiful voice, she sang the hymn 'God Has Been Good to Me,'" Mrs. Carter recalls. "Everyone wept. Here was a woman in terrible circumstances saying, 'God has been good to me.' " Tears well up in her eyes. "Habitat not only lifts up the poor—it raises the spirits of those who help."

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By Mary Mohler and Margery D. Rosen

A PARENT'S RESOLUTIONS FOR THE NEW YEAR

BY HANK HERMAN

My wife, Carol, and I can't complain about 1990, kids-wise. Matt, nine, and Greg, six, had a great year in school, with their friends—and with each other. When it comes to the little things, though, it always seems a bit of fine-tuning on the parenting side could make life even smoother. Herewith, my top ten resolutions for 1991.

■ I will never attempt to convey important logistical information to my kids while they're watching *Double Dare*. Last spring, before a Little League game, with the TV blaring, I took our older son's face in my hands and said, "Matt, look at me and pay attention. Make sure you bring your glasses, your bat and your glove to the game, okay?" He said okay. We go to the field. He asks, "Dad, where are my glasses? Do you have my glove?"

There was no way, in his mind, that that conversation *ever* took place.

■ I will never try to improve upon my kids' games. Greg and his little friend Annie were playing Scrabble—which for them consisted of laying letters on the board in pretty much random fashion. They had been having a high old time for nearly an hour when I suggested that the *real* way to play was to make words and connect the words to each other. Within three minutes, they turned on the TV.

■ I will confine myself to buying only the clothes *they* think are cool, not the clothes *I* think are cool. Better to have sixteen Bart Simpson T-shirts ("Eat my shorts, man!") and an unending supply of Notre Dame and UCLA sweatpants that get worn than a drawerful of classic shirts and crewneck sweaters that don't.

■ When I take my kids to the doctor, I won't dare come home without knowing if it's okay for them to go to school tomorrow. I'll also remember to inquire about how many days it will be before they can resume full activities, and all the other key questions that are obviously listed in every mother's built-in ask-the-pediatrician kit but were apparently omitted from the fathers' edition.

■ I will keep a running list of the precocious things my sons say and do during the week in preparation for the Sunday-night phone call to the grandparents. That way, when the folks ask, "So what's doing up there?" I can relay the story of Greg's whining about having to take a shower and Matt telling him, "A man's gotta do what a man's gotta do"—rather than copping out with, "Oh, the usual."

■ Bedtime will be nine o'clock sharp. Absolutely. No exceptions. Except if there's a particularly good episode of the *The Fanelli Boys* on TV. Or if both Carol and I get home from work late that night. Or if Greg is a little worried that he might have bad dreams. Or . . .

■ I will no longer correct Greg when he pronounces "no man's land" as "snowman's land." There are precious few of those malapropisms left.

■ I will not let our children's occasional subhuman behavior drive me to despair. When I hear that hysterical laughing on the verge of crying that means Matt is torturing Greg, and I'm about to intervene in a loud and violent way, I'll remember the mornings when Matt, hotshot fourth grader, checks in on Greg in his first-grade classroom just to make sure everything's all right.

■ I will wear my Minolta Freedom III around my neck at all times, except when I'm in the shower. If I do this, when that spontaneous photo opportunity presents itself, Carol won't be able to say, "So where's the camera when you need it?"

■ I will never—even on the days they act like savages—wish our kids were grown up and out of the house. And come to think of it, we're not gonna give away the Sassy seat so fast . . . just in case.

Hank Herman, a free-lance writer from Westport, Connecticut, specializes in kids, sports and health.

PARENTS' JOURNAL

LAURA STUMPO

CHERYL BERMAN

WANDA BRANDT

HOW WOULD YOU HANDLE IT? YOUR CHILD IS PAINFULLY SHY.

Laura Stumpo, 37, homemaker, Cedar Falls, Iowa; four kids, 13, 12, 10, 8.

The key is to really know your child and how far you can gently push. I've watched Jennifer, my oldest, with her friends; I know that once she gets going, she's outgoing and well-liked. So I try to stay on top of things and make suggestions. When a family with a daughter her age moved to the neighborhood, I baked a batch of cookies, wrote a note of introduction saying I hoped the girls would be friends, and had Jennifer deliver them. She protested and swore she wouldn't do it, but I insisted. And now the girls are buddies.

Cheryl Berman, 32, social worker, Great Neck, New York; three children, 8½, 7, 4½.

My youngest is really so shy that she still won't have play dates at other people's houses—even if it's with her best friend. I used to get upset and angry—at myself too. I wondered if there was something *I* was doing—or not doing—that made the situation worse. But then I realized that wasn't helping anyone. I continue to suggest that she go to her friends' houses, but if she says no, I respect that and invite the child here. What harm is being done?

Wanda Brandt, 31, homemaker, Granite Falls, Minnesota; five children, 9½, 7½, 6, 4½, 2.

I remember being in a store with my oldest child about two years ago when a classmate came up and my daughter was so shy, she couldn't even say hello. Part of me felt sad—she was obviously having a rough time. But I also felt a little upset—why couldn't she be polite? I find it helps to coach my kids before we're going somewhere I think might be difficult for them. I say things like, "Just start out by saying hi. Just be friendly." I try to make them feel good about themselves so they know people like them for who they are.

THE SOUND OF MUSIC

BY JEFF BLISS

Music can enrich a child's life in myriad ways. Besides the sheer pleasure of playing an instrument or simply singing, music can, educators and social scientists now believe, yield a strong influence on a child's emotional and social development and even language skills. But is it possible to instill a love and appreciation in your preschooler that will go beyond the blare of the stereo or MTV when he hits the teen years? Here, from Raffi, children's pop star, and R. Murray Schafer, educator, composer and musical consultant to kids' TV shows, are some suggestions to get your child involved.

■ *Find out what your child likes about music. Perhaps she enjoys the wordplay, the beat or a certain instrument. Buy records or tapes that feature her favorites to keep interest high. Introduce other variations—classical music, folk songs, rock, show tunes. Encourage clapping, singing along, so she can feel the emotional power of music.*

■ *Play music often. Instead of turning on the TV at the end of the day when you want to unwind, put on a record or tape. If your child is old enough, take her to concerts so she can see how the music is made.*

■ *Teach him to be a sensitive listener. Just as you point out colors to a growing child ("This leaf is green; this coat is red"), point out sounds: "That horn is loud; the running water sounds soft."*

■ *Play musical games that stimulate the imagination. Have him look around the house and yard for "instruments": rice in a covered can shaken like a maraca; a wooden stick and a metal pot make a great drum set. Have your child draw a picture, then "describe" it through music. If he draws a spaceship, ask him to make a sound of a rocket blasting off and floating in space.*

■ *Don't forget to sing often—even if it is off-key! Take songbooks out of the library to relearn old favorites.*

ASK THE DOCTOR

Got a question about your child's health? Ask the doctors on the Pediatric Healthline of the Arnold Palmer Hospital for Children and Women, in Orlando, Florida. Call 800-727-9434 the first Wednesday of every month, between six P.M. and nine P.M. Eastern time. This month's healthline is on January 2.

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SHORT STORY

CELEBRATION

Both Mary and Carl felt as dead inside as the winter around them. Then a spark from out of the blue gave them hope for a new beginning in the new year. Warm your own heart with this touching story.

By Margaret A. Robinson

New Year's Eve—I've never been crazy about it, with the pressure to be happy and silly and, most of all, to have a date. And not just any date, but a *special* man, because to ring out the old and ring in the new, you should be with someone you love. So this year, considering what I'd been through recently, I was not planning to stay up late or get hung over. I was planning to grout.

My mom's bathroom tiles needed regrouting. I figured I'd do it over the long weekend, since I got Monday off, New Year's Day. When I stopped for grout at Big Bob's Hardware Store, near closing on Saturday, an old high school classmate stood at the counter ahead of me. Carl Purvis, who was picking up a saw he'd left to be sharpened, had played football with my ex, Tommy Meyers. When Big Bob went to get the saw, Carl spotted me.

"Hey," Carl said. "Mary Ann." He smiled like he wasn't quite sure who it was, which made me wonder how I appeared to him. I'm thinner now. The October day my divorce was final, I had my hair cut short and stopped making it blond, which I had started doing when I was fourteen. It's pretty much back to brown now. I couldn't tell if Carl was disappointed or pleased or neutral about these changes. He sported a red hunting cap and, I swear, the same wool jacket he had in high school with the big black-and-white checks. The girls in my class thought Carl was ugly. His face was broad and his heavy eyebrows gave him a dark look. I never knew him real well. In high school, nobody knows anybody real well.

"It's just Mary now," I said. "Mary Cassidy. I made Ann my middle name and took back my family name. I guess you know I was Mary Ann Meyers for nearly two years."

"Yeah. I ran into Tommy a while back." Carl shrugged an I'm-sorry-for-your-troubles shrug.

"Well, let's just say that the marriage was *(continued)*

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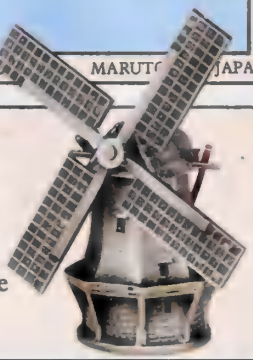

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If You Have One Of These...

pounds, showed up with Carl's saw wrapped in bro paper. I had my grout on the counter. Carl and I paid a walked out together, then stood in the parking lot, sh fling our boots in the snow.

I was glad I'd run into him. He reminded me of the da when I wasn't so cynical, and I liked the way his da hair curled around the edges of his red cap. I thought suggesting coffee, but I had my mother fixing dinner dog to feed at home and two rented movies in my car, o for tonight and the other for New Year's Eve. So friends had invited me to a party, but I told them, "N this year."

"You'll have to come out and see the place," Carl sa

"I'd like to."

"Come out tomorrow. It's Sunday—I'll be knocki around all afternoon. Just stop in. Anytime before darl

"Can I bring my dog?"

"Sure. Plenty of places to walk."

"All right," I said. He told me how to find the hou Then I got into my car and he got into his. I drove ho pretty happy. It didn't seem like a date, and neither of had mentioned New Year's Eve.

Carl's folks' place, on the east side of the lake, caug the afternoon sun. It was almost warm, just a f degrees below freezing. My Irish setter, Pat dashed down to the shore to investigate the ice. C heard her barking and came out on his steps.

"Want to walk her while it's still nice?" he called. "Y can see the inside later." I liked him in his bright-bl sweater.

"Sounds fine to me."

"I've got a bunch of cross-country skis. My cousins co down from Binghamton and leave theirs here."

■ CELEBRATION
continued

better than a root canal, but not by much."

Carl gave me an attentive look and smiled, but he didn't laugh. I guess he had probably heard that Tommy and I were a real disaster, though we were both old enough to know what we wanted, or so we thought. I'd been through nursing school and had worked a couple years, had dated some other guys. He was working as an electrician and said he was ready to settle down, but he wasn't. Six months after we took what I considered to be vows, he was already restless, and in a year he was running around. Tommy said I gave up on him too soon. Maybe he was right.

So far as I'd heard, Carl hadn't gotten married. His dark looks suited him better at twenty-six than they had at seventeen, and his not committing matrimony seemed real smart.

"Where are you staying?" he asked.

"I moved back with my mom, till I decide what's next. I'm a nurse at the hospital. What are you doing?"

"Carpentry. You might have heard, my dad died, late November. I came back up here in September, to my folks' place, out on Lake Wallenpaupack. It needs some work, and I'm fixing it up."

I knew his mother had died when we were in high school. "I'm sorry about your dad," I said. It occurred to me that Carl had just spent his first Christmas with both his folks gone. This had been my first without Tommy. "Must be cold out there on the lake," I said. "I haven't been out there in a long time."

"It's not so bad. It's kind of beautiful, and real quiet. I like it."

Just then Big Bob, who really is big, like three hundred

You Probably Ha One Of These..

Which Is Precisely Why You Need This...

Sure." We scrounged around and found some shoes
l skis to fit me. We started out across the lake, which
s covered with five or six inches of snow. We met a few
er people and passed a few ice-fishing holes, but out a
le farther we had the lake to ourselves. Patsy circled
und us, sprinting now and then after a bird. We skied
w enough to talk.

First time I've been out here this winter," Carl said.
I guess you've been busy."

You mentioned you're a nurse. I did a lot of nursing in
fall. My dad and I didn't get along that great when I
s younger, but when he fell sick, there wasn't anybody
e . . ." Then he changed the subject. "Did you get your
uting done?"

Enough for one day."

We exchanged remarks about how this part of northern
nsylvania had changed since we were kids, and com-
ed notes on the classmates we knew in common. It was
e we'd agreed not to get into anything heavy.

When we got to the center of the lake, the gray sky,
eaked with white and blue, opened up wide and high.
e distant fringe of trees and cottages looked tiny.

How are your legs holding up?"

Fine." It was a question Tommy never would have
hered to ask.

We could go south a bit and then loop back," Carl said.

Why not?"

Maybe it was that turn that did it. As soon as we
aded south, a wind kicked up in our faces, the skiing
harder, the day got colder, and the mood soured. We'd
n out of small talk, but I didn't want to go on to
ything else and neither did he. My stomach was tight
d nervous. I trudged along, wishing the visit were over.
As if he felt the same, Carl put his head down and

didn't even look at me. We both began to ski faster, and I was relieved when he turned back toward the eastern shore. I decided I'd take a quick look at his renovations and then leave. I'd told my mom not to wait dinner, and I actually had some dog food in the car so I could take care of Patsy, in case Carl asked me to dinner. But he didn't need to know about that. So much for New Year's Eve.

All of a sudden I was as angry at Tommy as I'd ever been, and I couldn't wait to be alone in my car to cry with nobody but Patsy to hear me.

Back at the house, I changed into my own boots and felt calmer. Carl showed me around. He still had his Christmas tree up, but his wood stove threw a lot of heat and the tree looked pretty dry. The place was neat, but cramped with sagging, faded furniture. He'd repaired the roof and replaced the north windows. He was building a deck on the side and planned a screened porch.

"You're a better workman than my ex. Tommy was fast but sloppy," I said, sounding more bitter than I meant to.

Carl shrugged the way he had in the hardware store, like he knew I was hurting but didn't know what to say. "My mom always loved Christmas here, so this year, like always, I got a tree and my cousins came from Binghamton. But it was pretty strange. I was going to take the tree down today."

It's always a sad little chore. I hated to think of him doing it alone. "I could help," I said.

"I made some beef stew in case you felt like staying for supper."

"You cook?"

"My mom's been dead a long time, and I don't like frozen dinners. I have some Italian bread, and wine, too."

"Sounds fine." *(continued)*

To Clobber Catbox Odor.

Get The Tidy Cat Team

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CELEBRATION

continued

Carl cleared his throat like he was trying out a whole new voice. "I'm sorry I checked out for a while back on the lake. Sometimes I get lost in blankness, like I'm frozen. It's hard to be around people then, but it didn't have anything to do with you."

I was glad I hadn't gotten in my car and run away. "With me, it's a wave of anger, but the result is the same."

"Pick out a tape," he said, "if you want to. Nothing Christmassy."

I gave him a choice: Bonnie Raitt or the Judds. He picked the one I'd hoped he would, Bonnie Raitt—and not like he was trying to pass a test.

Carl threw a log on the fire in the wood stove. I fed Patsy. We put on the tape and undecorated the tree. Over dinner, we talked about my busted marriage and his father's death. Then we moved to sit in front of the fire, finishing the bottle of red wine, and I felt more mellow than I had in months. When Carl put his hand over mine, I knew we were at another turning point, when things would either move ahead or not. I wanted to keep my hand there. But I couldn't do it. I took it away and looked at my watch.

"Two hours till midnight," I said. A curtain came down over Carl's face. I wished I'd kept my hand still and my mouth shut.

"I've always hated New Year's," he said. "Party hats, tooters, champagne. And that idiotic golden ball ticking off the minutes."

"I'll wash the dishes, since you cooked, and then I'll head on home."

Patsy gave a whine. "I'll take her out for a minute," he said. "I was going to carry the tree outdoors anyway."

He was gone quite a long time. Looking out the window over the kitchen sink, I saw him standing at the edge of the lake. The dishes were done when he came back in. The curtain over his face had lifted. "Mary, I've got a great idea for a celebration," he said. "I've got a lot of scrap wood around. Let's make a bonfire. We can burn the tree."

I remembered standing with my dad in the snow, watching the fiery whoosh when he threw our brittle tree onto the trash he was burning. I was seven or eight, and I felt safe, side by side with him on that gray winter afternoon. The tree in flames was bright, hot and satisfying. "Okay! You're on!" I told Carl, laughing with anticipation.

"That's the first time you've laughed all evening," he said.

We dragged the lumber scraps and the tree down to the clear lake shore. We crunched up some newspapers to get the bonfire started, and Carl began to light a match.

"No," I said. "Let's both light it at the same time."

"Let's decide what we're burning."

"Being mad at Tommy. Being mad at myself. I just want to let the marriage go."

Carl thought a minute and then laughed. "The whole damn year. The bedpans and the medicines and the pain. Everything except my dad thanking me before he died."

We struck two matches and held them under the newspaper. It caught. Then the wood ignited. Finally the tree caught fire, and the needles whooshed the way they had when I was a kid. We stepped back, watching the flames. They died down all too soon, leaving the trunk and branches burning slowly.

"That didn't last nearly long enough," Carl said. "I'm adding those sagged-out armchairs. I'll be right back." He ran back to the house and returned, hauling the first, then went back for the second. We tipped them onto the fire. The ragged cloth caught right away. The bonfire began to rise, crackling, into the dark night sky, as though it were reaching into the stars.

"I've got a box in the trunk of my car," I said. "Tommy's stuff, if you can believe it, some odds and ends he never bothered to take." I didn't want to think about why I'd been driving around with it all this time. I didn't sort through the contents, just heaved the whole carton onto the fire next to the armchairs. The cardboard caught and began to peel back in layers. I never did see what was inside. Everything in there just started blazing.

Carl ran up to the house and came back with two wooden lawn chairs, placing them in the snow, upwind, facing the lake. We sat, and the fire felt warm on our faces while the large, dark dome of the night breathed cold on our backs. Patsy lay down by my feet. I wasn't just happy. What I felt was joy.

I put my hand on Carl's black-and-white-checked sleeve. "I'm sorry I took my hand away before."

"That's okay," he said, putting his hand on mine. "Just don't look at your watch or tick off the minutes until midnight. Look at the fire or the lake or the stars. Every night this fall before bed, I came out and looked at the stars. Sometimes it was cloudy and I couldn't see a thing. But I knew they were there, and I always looked for them. They're at their best tonight."■

Margaret A. Robinson's newest novel, "A Woman of Her Tribe," was published by Scribner's. She lives in Pennsylvania.

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PERSONAL JOURNAL

Important insights into the way we feel. This month: ■ Top decorators tell you how to cozy up your home for the winter ■ No-fail New Year's strategies ■ How to stop worrying so much

5 EASY WAYS TO WARM UP YOUR HOME

A heartwarming home is the coziest kind, especially during the winter. How can you make your house warmer, more inviting? "All it takes is a bit of special loving care," says Betty Sherrill, president of the New York

design firm McMillen, Inc. Below, top decorators' creative ideas.

Get personal Display collections or treasured items on bookshelves, mantels, tables; hang your children's art and awards. The kitchen is a perfect room to personalize since it's used so often, says Mary Meehan, a New York City interior designer.

Focus on family photos "Create a gallery down a hallway," suggests Sally Sirkin Lewis, co-owner of the Los Angeles design firm J. Robert Scott & Associates, Inc. "Or arrange photos in interesting frames on a table." Adds Mary Emmerling, author of *Mary Emmerling's American Country Classics* (Clarkson N. Potter, 1990), "Keep a basket of loose photos by the phone. People love to look through them while chatting."

Lighten up "Keep rooms well illuminated to ban the gloom," says Bunny Williams, owner of the New York design firm Bunny Williams, Inc. Placing lots of lamps around a room creates a soft glow—which is far more appealing than harsh overhead lighting. And use candles liberally. "They're inexpensive and magical," says Teri Seidman, president of Teri Seidman Interiors in New York City and author of *Decorating Rich: How to Achieve a Monied Look Without Spending a Fortune* (Villard/Random House, 1988).

Go for comfort Nothing's more inviting than a plump sofa or chair. Pile on oversize pillows and add a

colorful afghan. "Plush items make a room more intimate," says Bebe Winkler, owner of the New York firm Bebe Winkler Interior Design.

Bring the outdoors in Fill your house with *fresh* flowers and plants, says Elizabeth Cameron, a decorator with the New York design firm Parish-Hadley Associates. "Silk ones can look dreary and gather dust."

HOW TO HAVE A HAPPIER NEW YEAR

Most New Year's resolutions fizzle out as fast as uncorked champagne. According to research by John Norcross, Ph.D., chair of the psychology department at the University of Scranton in Pennsylvania, only 55 percent of people studied between 1986 and 1988 kept their resolutions for even one month. After six months, only 40 percent had succeeded.

"New Year's resolutions are often set to fail," says Ellen McGrath, Ph.D., a clinical psychologist and director of the Psychology Center, in Brooklyn Heights, New York. "For a resolution to succeed, we have to commit to it intellectually and *emotionally*—by being prepared for the sacrifice involved. Many of us just don't do that."

Fortunately, there *is* a constructive way to indulge in the New Year's urge for change. Make *absolutions* instead—that is, free yourself from a dreaded routine. For instance, 1991 may be the year you excuse yourself from making your bed, or from going to exercise class every day.

"It's easier to give up a behavior than to install a new one," says Norcross. "And for that reason, New Year's absolutions are more apt to meet with success—and thereby buoy self-esteem—than are resolutions." As long as the behavior you're giving up doesn't adversely affect your health or happiness, he adds, "you gain some therapeutic benefit. Whenever you unburden yourself from a rigid routine or standard, you feel more in control."

But freeing yourself from any behavior that's entrenched in your life—even if it's something you don't enjoy—can be difficult. Norcross and McGrath advise starting with small steps toward your absolution goals. For instance, rather than deciding to quit all your Saturday chores cold turkey, tell yourself that you'll *(continued)*

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5'3"	90-125	126-155	156-195
5'4"	95-120	121-160	161-195
5'5"	110-115	116-165	166-195
5'6"	-	105-165	166-190
5'7"	-	105-165	166-185
5'8"	-	110-160	161-180
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A MORE FITTING SOLUTION™

(continued) devote only Saturday mornings to household responsibilities and leave the rest of the day free for fun.

Other tips for success: ● Give your absolution some thought before New Year's Eve and define your goals. ● Enlist the support of your family and friends. For example, let your husband know you're giving up daily bed making and ask him to either do it himself—or not to complain. ● Expect some setbacks. "Changing any behavior can be difficult," says McGrath.

So is choosing which habits to give up. Here are some suggestions.

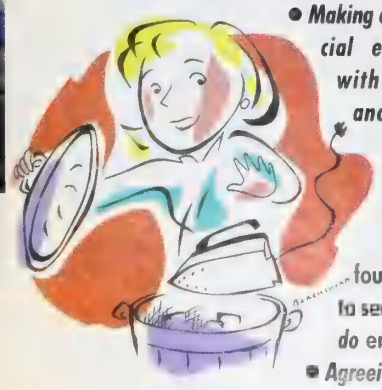
WHY NOT ABSOLVE YOURSELF FROM:

● ***Ironing.*** Vanquish wrinkles easily with a steamer or by hanging clothes in the bathroom when you take a hot shower.

● ***Bringing work home from the office every day.*** Try to get as much done as you possibly can before quitting time.

● ***Cooking.*** Designate I-cook/you-clean-up teams in your family, and rotate chores.

● ***Doing exercises that you don't like.*** For instance, if you detest aerobics, try dancing classes instead for a good workout.



● ***Making obligatory social engagements with acquaintances or colleagues you find irksome.*** Use your newfound free time to see friends you *do* enjoy.

● ***Agreeing to babysit your sister's kids***—especially if she never returns the favor.

● ***Always passing up dessert.*** An occasional indulgence can be good for your psyche—without being disastrous for your diet.

● ***Going grocery shopping every week.*** Trade off trips to the market with your husband.

● ***Feeling guilty whenever you take time for yourself.*** You deserve it! So take a walk, read a book, rent a video that you've always wanted to see (but your husband always vetoes).

—PATRICIA [illegible]

WHY CAN'T I STOP WORRYING?

By Jane and Robert Handly with Pauline Neff

You wake up suddenly and look over at the glowing numbers on your alarm clock: It's three A.M.—again—and your mind is spinning with worries . . . First, those Christmas bills you've got to pay. And what about the diet you're starting tomorrow? And how about your kids, your job, your marriage—the entire global economy?! Before long, it's good-bye to sleep and hello to another red-eyed morning.

This may sound familiar to many women. In fact, a 1987 study concluded that women are two to three times more prone to chronic worry than men. Of course, a little worrying is perfectly legitimate, even useful, but the negative mind-set of the chronic worrier can be debilitating and lead to long-term difficulties such as insomnia, ulcers, panic attacks and depression.

Why are women so susceptible to anxiety, and what can you do to get off the worry-go-round? Jane and Robert Handly, counselors who have conducted workshops with women nationwide, have come up with some answers that will help you transform worry into action and peace of mind.

The tangled roots of anxiety

Where does worry come from? Many women in our groups reported learning it at their mother's knee. As one woman said, "My mother had this great ability to create disastrous scenarios in her mind, and it rubbed off on me." Some women told us that fretting made them feel they had some control over the dangers in life. By imagining the worst, they believed they could prevent it from happening.

But perhaps one of the biggest reasons women worry so much is the powerful nurturing instinct that makes them feel responsible for everyone: family, friends and co-workers. And worrying obsessively about others means that they're taking on more than their share of responsibility.

How to stop worrying so much

When your concerns overwhelm you, do something about them by using these techniques:

■ Diagnose the problem. Sometimes one concern masks another. You may think you're upset about those fifteen extra pounds you've put on, when what's actually bothering you is your sexual relationship with your husband. A little soul-searching may help you pinpoint what's really on your mind.

■ Investigate the alternatives. Worriers often don't even see their options because they're afraid to change their behavior. Make a list of all the solutions you can possibly think of. If you get stuck, ask a friend for help.

■ Visualize your goals. As a worrier, you're already a master at dreaming up all sorts of terrible scenarios. Turn this around to achieve positive goals. Picture what you want to happen, and unleash the power of your unconscious mind to work *for* you.

■ Be willing to take risks. Often, it seems safer to stay miserable than to venture change, and possible failure. You have to be willing to take a chance, make some mistakes, and possibly lose the approval of others, in order to improve matters.

■ Let it go. When you know you've done all that you can or when you see you have absolutely no control over a person or a problem, just stop trying. Give up your unrealistic expectations. This may be a new concept for you, but it's essential for your mental well-being. Now, you'll be able to focus on problems that *can* be solved. ■

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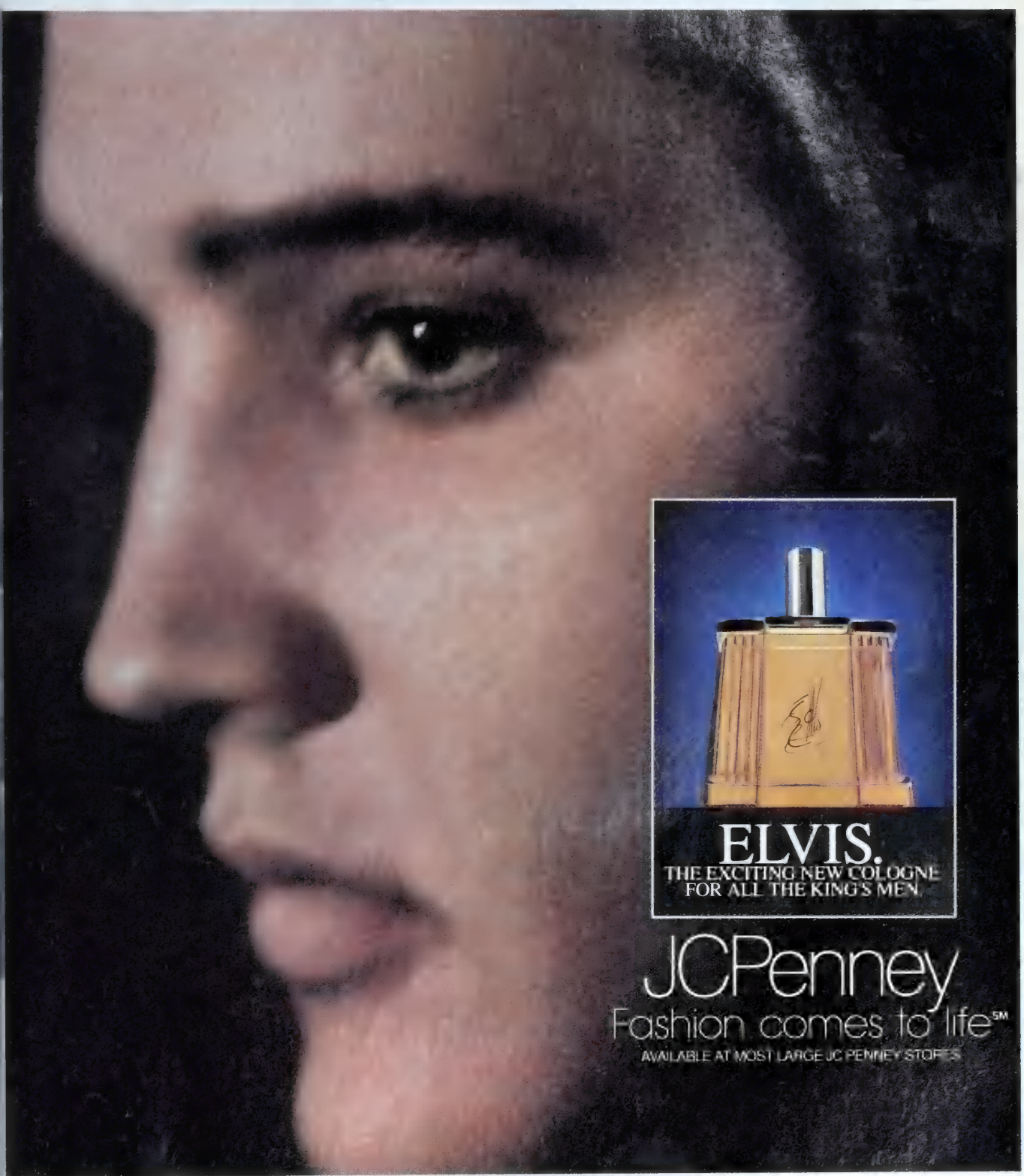

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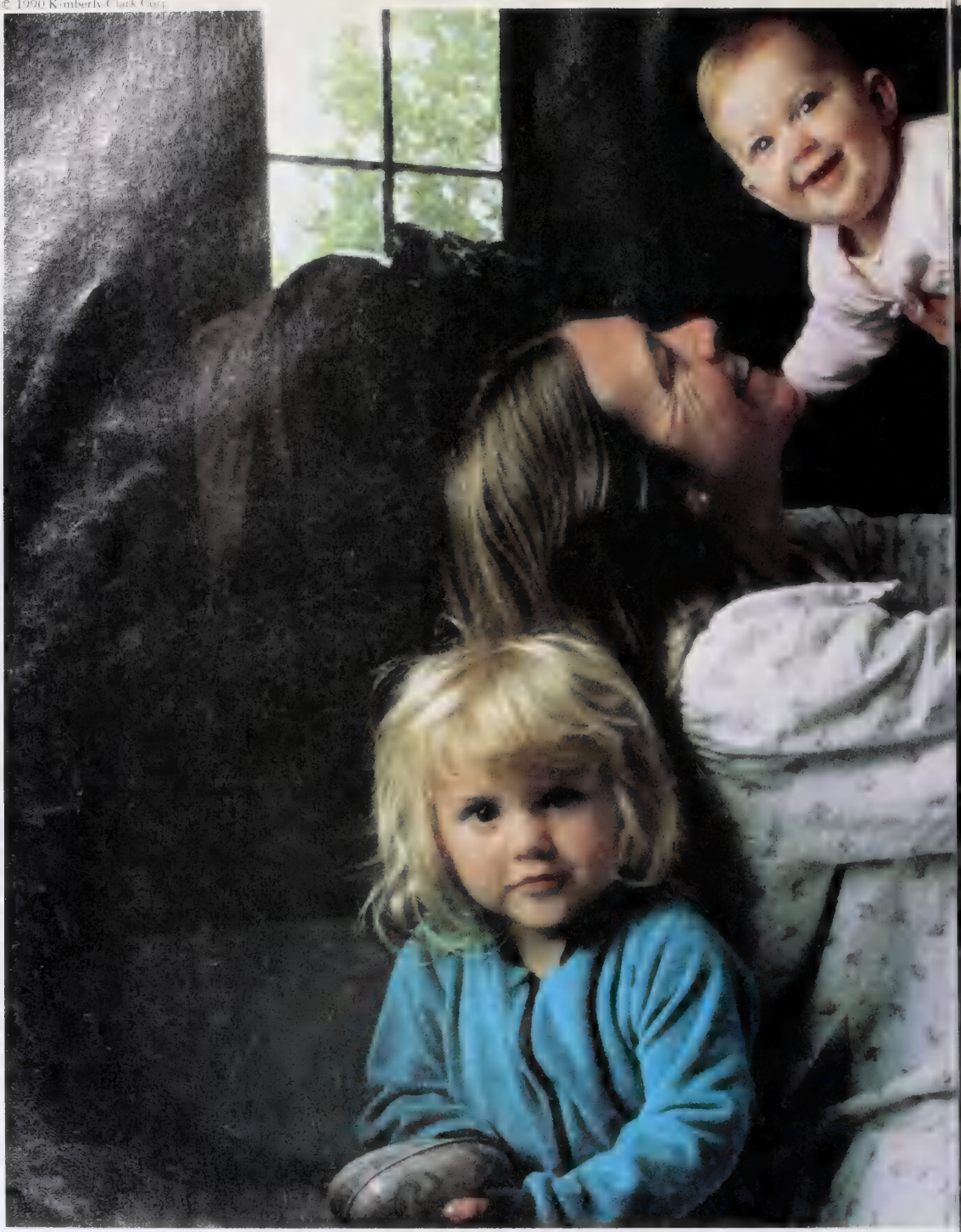

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UP FRONT

LHJ'S FOLLOW-UP ON CURRENT NEWS, VIEWS AND WHO'S WHOS

DATELINE: MOSCOW

Editor-in-Chief Myrna Blyth went to the Soviet Union last fall to introduce the special Russian-language edition of our November issue. While there, she witnessed the economic breakdown that Russian women face. Here is her report.

The happiest woman I saw in Moscow was carrying a cabbage. She was walking down Gorky Street, holding it aloft, smiling triumphantly. Other women stopped to ask her the obvious question: In what shop had she found such a treasure? For all vegetables, even potatoes—the staple of the Russian diet—were in short supply. So was everything else.

What the people of Moscow did have in abundance were lines, long lines of unhappy shoppers—usually women—who had to wait three to four hours each day to buy whatever they could find to make dinner for their families. While Muscovites have always had to queue up for delicacies, never before have they had to stand in line for daily necessities.

On a street not far from the Kremlin, on a wet and chilly Saturday afternoon, I saw more than one hundred grim shoppers waiting in front of a butcher shop. Inside, two or three surly butchers dispensed anemic-looking sausages—the only meat on sale.

There was no line in front of the bakery next door. The reason was simple: They had no bread. There was a one-word sign on the door: "Nyet."

"It didn't used to be like this," said Anna, a forty-three-year-old divorced teacher who lives with her daughter, a college student. "Although we never had as much as you Americans have, they told us we would always have enough to eat. We would always have bread and meat and potatoes, and at low prices, and we did. But now—nobody understands why—there is no food in the state stores."

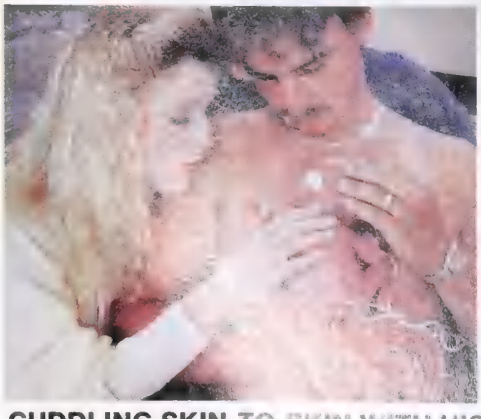
Anna, who has a prized schnauzer, worries that sh will not find food for hir this winter. If she does, sh said, "I am a little ashame of buying meat that peopl need, for my dog."

SOVIET SHOPPERS MUST WAIT IN LINE FOR HOURS EACH DAY FOR FOOD

Nobody—including to officials—seems able to ex plain why such basic neces sities as food and clothin are practically nonexister this year. But in this ne era of openness, everyor is ready to talk about th worsening problem. Mar people blame what the call the "Mafia," gangste and profiteers who, the claim, manipulate and the cash in on the shortage Some say that the old pa ty-line officials who oppos *perestroika* are trying t sabotage President Mikhc Gorbachev's program economic change.

Others—and there a many—blame Gorbache himself. "Everyone America and Europe thinl he is *(continue*

HUGS THAT HEAL



CUDDLING SKIN-TO-SKIN WITH HIS PARENTS HAS HELPED ZACH GROW

After their son was born last May, Jodi and Dan Sebesta longed to cuddle him. But Zachary, three and a half months premature and weighing less than two pounds, was confined to an incubator at Children's Hospital, in St. Paul, Minnesota. Six weeks later, the Sebestas' wish came true, thanks to a program called Kangaroo Care (KC), which gives preemies chest-to-chest contact with their parents—just as baby kangaroos snuggle against their mothers—for several hours a day. Also, KC may promote infant growth. "It's a way the family can do something that may be better than anything we can do," says Mark Mammel, M.D., associate director of newborn medicine at Children's Hospital. "I got to feel my baby's skin next to mine," says Jodi. "That's a wonderful thing!" —NANCY STESIN

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(continued) wonderful," said a young woman in Leningrad who works as a tourist guide. "But he has been in charge for five years, and things have gotten worse and worse for the people. Maybe he is a great man, but my life is getting harder."

Indeed, it is the women especially who must cope with the problems the shortages create—and the stress is taking its toll. Women talk about being exhausted and angry, unable to buy shoes for their children or a roast for a special dinner. They also talk about how humiliated they feel when they cannot buy what they want. Traditionally, Russian women are very gracious and enjoy exchanging presents. One woman who wanted to buy me a farewell gift apologized, "I looked and looked, but there was nothing in the stores. I used to buy my friends porcelain or glassware, but now there is nothing of decent quality." She said wistfully, "If I ever come to America, I'll buy you a present there."

I did see one abundant display of food, in the dining room of a Leningrad hotel. On a nearby table there was an elaborate array of fruits, vegetables, cold fish and meats. My husband told the waiter that we'd like to order some of the same. The waiter shook his head. "Sorry, it is not possible," he said. The guests at that table were farmers who had traveled to Leningrad from the republic of Georgia, he explained. They had brought their own

WRIST-WATCH

Slap bracelets are traded and paraded by the armload

Kids have gone slaphappy for slap bracelets, thin strips of flexible metal encased in neon fabric that snake around the wrist with a gentle slap—and a snap—against the skin. So trendy are they that the New Kids on the Block have come out with their own version. But some slap bracelets are *too* cutting edge. Last October, after one fourth grader in Chappaqua, New York, sliced her finger on the exposed metal of her bracelet, requiring three stitches, teachers confiscated other trinkets whose fabric had frayed. Other schools have banned them, and Walgreens drugstores have stopped selling them. The original Slap Wrap, made by Main Street Toy, in Simsbury, Connecticut, *did* pass safety tests. However, the Consumer Product Safety Commission warns parents to discard any bracelet whose fabric is frayed.

—LYNN HARRIS

IVANA'S NEW DO

The poufy new hairstyle favored by Ivana Trump (right) may soon be upsweeping the nation. The Bardot-like do, perched elegantly but precariously on the top of the head, was first created for her by New York stylist Maury Hopson last spring—and now it's catching on in salons from Chicago to Atlanta to L.A. Says Hopson, who admits to being surprised by the style's success, "It's unplanned and sexy, and Ivana wears it with such confidence that women aren't afraid to try it." With high hair so hot, can Marge Simpson wigs be far behind? —SHANA ABORN

THE LHJ '90s NETWORK TELL US WHAT YOU THINK

The Supreme Court is now considering an extremely controversial matter: Is it legal for a company that makes car batteries—which contain high levels of lead—to bar all women of childbearing age from jobs that expose them to this dangerous substance? The manufacturer contends that they must impose these restrictions because if a woman became pregnant, the lead could damage her fetus. The union contends that it is a woman's right to make her own decisions about job risks.

Should women be restricted from possible exposure to hazardous materials?
a. Yes, to protect companies from lawsuits as a result of birth defects or miscarriage.
b. Yes, to prevent women from putting their unborn children at risk.
c. No, men are equally at risk of passing on genetic damage as a result of exposure.
d. No, companies have no right to discriminate against women for any reason.

To tell us your vote, call 900-370-5626 from December 16 to January 15. The first minute costs seventy-five cents; each minute thereafter costs fifty cents. You must use a touch-tone phone.

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ALICE WALTON: A GENEROUS SPIRIT

The first in a series on those who exemplify the LHJ slogan: "Never underestimate the power of a woman."

Alice Walton, forty-one, is the daughter of the man whom *Forbes* magazine ranks as one of the richest in America, and she doesn't *have* to work for a living. She herself has a fortune estimated at $2.5 billion (her father, Sam, divided the family's wealth—approximately $12.5 billion—among himself and his four children). But Walton, whose father founded the Wal-Mart stores, grew up with financial savvy—"business was family discussion around our dinner table," she says—and the belief that wealth demands social responsibility.

THE DAUGHTER OF ONE OF THE RICHEST MEN IN THE U.S. WORKS TO MAKE LIFE BETTER FOR OTHER PEOPLE

Walton is also independent. Two years ago, she put these qualities together to form a business to help boost the economy of her home state of Arkansas and the surrounding region. Her Llama Company (named for a pet) underwrites debt for small businesses, helps finance education, brings industry to the region and has saved or created at least a thousand jobs.

As you might expect of Sam Walton's daughter, the company is also profitable, grossing several million dollars a year. "I firmly believe in the bottom line," Walton says. "I just feel that you can do a lot of good and have fun doing it."

The same know-how and determination that serve her so well on the job have helped Walton overcome difficulties in her private life—including divorce, and a car accident that put her in the hospital for a year and almost cost her the use of her legs. Today, she believes the experience made her more sensitive to others. "It gave me a patience that I'd never had before, which is really important as far as dealing with people," she says. "And it taught me a lot more patience with myself."

That's a quality Walton believes many women in business need. "Too many women think we have to act tough, hard to deal with, superaggressive," she says. "If we work to understand our weaknesses as well as strengths, there comes a little bit of humility, and you become a better manager and a better leader."

—BARBARA BURGOWER

CLEANUP AT THE WORKPLACE

Murphy Brown did it. Cathy did it. And so did Michele Fishman. They all managed to convince their offices to start recycling programs, bringing the green crusade to work.

Fishman, a twenty-seven-year-old administrative assistant at Infinite Horizons, a small consulting firm in St. Louis, noticed her officemates were throwing out enormous amounts of paper. Obsessive about separating trash at home, she asked her boss about starting a program at work. He agreed. She set out a box for paper and a bag for aluminum cans. Her co-workers followed her lead. Now, once a week, Michele fills up her Bronco truck for a trip to the local recycling center.

Many businesses find this effort is good for their public image—and the bottom line. Workers at Coca-Cola in Atlanta recycle everything from telephone directories to printer cartridges. In three years, they've raised $50,000 for charity from the sale of these goods. And AT&T in New Jersey saves $1.3 million a year by recycling office paper alone.

The key to such a program's success? Employees must see top brass behind the effort, says Laurence Sombke, author of *The Solution to Pollution in the Workplace* (MasterMedia), out this month. "If the bosses aren't really promoting it, the rest of the people up and down the line tend to be blasé."

How can you get started? Follow these tips from the National Recycling Coalition:

■ Seek the support of company management. Suggest a buyer for the recyclable goods (check the Yellow Pages under recycling, or contact your local department of public works), and devise a strategy for keeping papers and cans from cluttering the workplace.

■ Spread the word to co-workers with memos and posters.

■ Instruct the building's cleaning crew to remove only non-recyclable garbage.

—KAREN SPRINGEN

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"My how-to article that sold to 4-H Magazine for $75 was my rewrite of a course assignment," says Jeanne Shoemaker, Birmingham, AL. "My beloved instructor has made this course one of the highlights of my adult life!"

"The thing that gives me the most satisfaction," writes Brandy S. Wells, Greensboro, MD, "is the idea that my story will be read by 150,000 Sunday school children—my dream come true."

Marilyn Day, Marissa, IL, says, "I am no longer a housewife. I am a *writer!*"

"Most importantly, the course has allowed me to explore my creative writing skills without committing myself to a strict classroom environment with immediate deadlines and meeting schedules," reports Jeanne Nickerson, Washington, DC. "I needed the flexibility of a correspondence course and I have enjoyed dealing on a one-on-one basis with my instructor."

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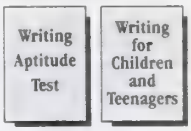

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timonials in this ad were provided without remuneration and voluntarily by the Institute's students between 1985 and 1990.

TURNING BACK THE BIOLOGICAL CLOCK

For Barbara Strong, a Los Angeles psychiatrist, becoming a mother at age forty-one was nothing short of a miracle: Four years ago, she experienced early menopause. "Being pregnant and giving birth has been an extraordinary experience," she says, holding her daughter, Cristina.

Thanks to a groundbreaking study, other women may soon be able to experience postmenopausal motherhood, too. In the experiment, headed by Mark V. Sauer, M.D., of the University of Southern California, seven women ages forty to forty-four who had undergone early menopause or ovarian failure were implanted with embryos created from their husband's sperm and eggs donated by younger women. They were given hormone supplements to prepare the uterus for pregnancy. Six became pregnant, four had children, and one miscarried; one child was stillborn.

A NEW STUDY GIVES HOPE TO OLDER WOMEN WHO LONG TO BE MOMS

Although the technique is not new, it has rarely been performed on women over thirty-five. Doctors had believed that after the age of forty, a woman's uterus couldn't sustain a pregnancy. But, says Sauer, the study "proved that with hormone supplements, the uterus can sustain life well into a woman's forties—and possibly beyond."

Using donor eggs from younger women raises the childbirth success rate for those over forty to as high as 25 percent—much better than the 5 percent success rate for in vitro fertilization (the test-tube baby method) for this age group. Women in their forties who have not yet gone through menopause but are having trouble conceiving are also candidates for the procedure. (In the future, it may be possible for a woman to preserve or freeze her own eggs at age twentysomething for later pregnancy.)

However, doctors warn that the technique is not for everyone. The older a woman is, the greater the risks for her and the baby. Each candidate must be screened for chronic medical problems such as hypertension or diabetes. The procedure is also costly: $10,000.

Others are concerned about the legalities. Because the woman who uses donor eggs is not the baby's biological mother, experts worry that there will be custody battles.

But for Barbara Strong, there is only joy. "What makes a mother is a commitment to another person," she says. "I carried this baby in my womb—I *am* her mother." —LINDA MARSA

For more information on fertility procedures, call the infertility group Resolve at 800-662-1016, or write to the American Fertility Society, 2140 Eleventh Ave. S., Suite 200, Birmingham, AL 35205-2800.

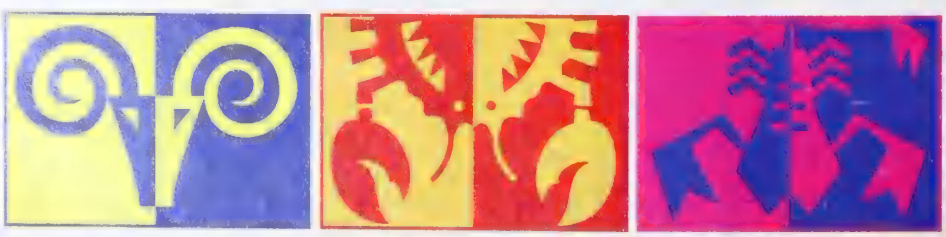
STAR-CROSSED

Patricia Norton, of Avoca, Michigan, has decided that it may pay to heed your horoscope. She'd read LHJ*'s "The great astrology test," which warned Cancers to beware last January 17—and, as she wrote, "our ceiling leaked, the lid blew off a dish of chili in the microwave, and a man backed his truck into my car!"*

However, roughly three quarters of the 1,044 other readers who reported on our horoscopes found some fault with them—and less than 2 percent rated all *six months "very accurate." Surprisingly, Leos, a trusting and optimistic sign, were the* least *satisfied of the bunch, while Capricorns—the pragmatists—were most so.*

Doris Chase Doane, president of the American Federation of Astrologers and the author of our test, explains that broad-gauged forecasts such as this aren't a true measure of her field. "Making charts for each person, based on the date, time and place of their births, would have given much more precise results," she says.

Maybe the safest bet is to regard horoscopes as does Scorpio Mary Bryan, of Chicago: "I read them for what they are—entertainment!" —SHANA ABORN



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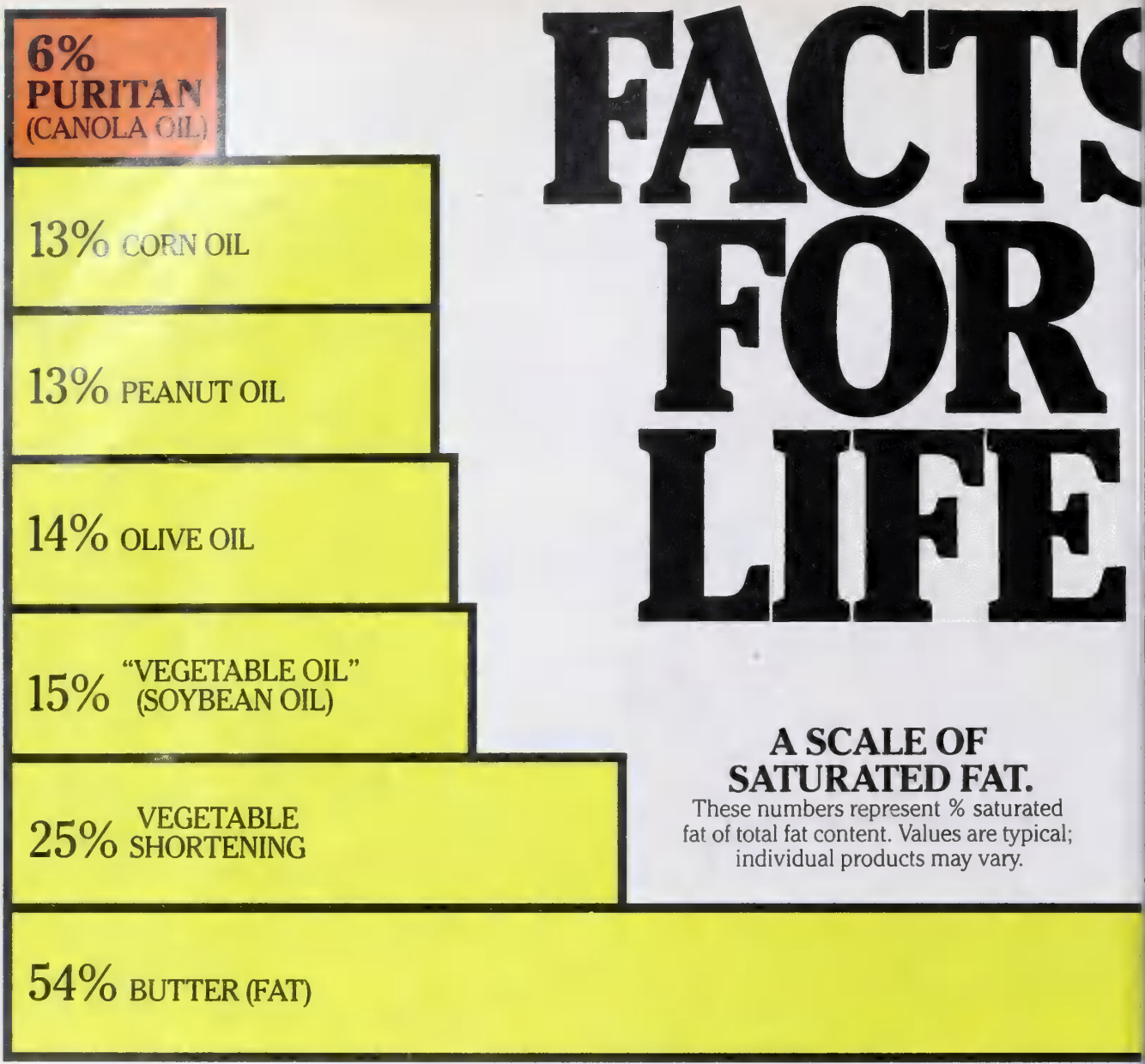

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BY KATHRYN CASEY

DAYS OF THEIR LIVES

Ladies' Home Journal January 1991

IS DIANE DOING THE RIGHT THING BY LEAVING A BIG CITY FOR A SMALL TOWN? SHOULD MOLLY HAVE ANOTHER BABY? WILL DANA EARN ENOUGH MONEY FROM THE HARVEST ON HER FAMILY'S FARM? SHOULD ANNE WORK FULL-TIME? CAN PAULETTE COMPLETELY RECOVER FROM HER ACCIDENT? THESE FIVE WOMEN ARE OUR "VOICES OF THE DECADE," THE LHJ READERS WHOSE LIVES WE'RE FOLLOWING THROUGHOUT THE NINETIES. THEY HAVE VERY DIFFERENT STORIES, YET IN THEIR HOPES AND FEARS AS THEY FACE AN UNCERTAIN ECONOMY, THEY REPRESENT US ALL. A FASCINATING REPORT ON HOW WE'RE LIVING TODAY.

Like many American women circa 1994, Molly, Diane and Anne (from top) try to balance their work lives with the needs of their families

Molly: "To try and be a good wife, to be a mother to three children, to work full-time, and to meet my own needs . . . I'm probably going to look back and say, 'How did I do it?' "

● MOLLY MINNICK, 31 EAST LANSING, MICHIGAN

Sociologists have dubbed them the "sandwich generation"—the women who must care both for children and aging parents. In the past year, that phrase has hit home for Molly Minnick. There are the demands of her family: husband Dave, forty-one; their three-year-old son, Andy; and the children from Dave's first marriage—Brandon, fourteen, and Julie, eleven. And there are the needs of Dave's seventy-one-year-old father, Paul, who was diagnosed with cancer last summer. He is the sole caretaker for Dave's mother, who has required constant care since suffering a series of strokes two years ago. Last year Molly dreamed of having another child. This year she has put that dream on hold.

"To try and be a good wife with all the emotional giving, to be a mother to three children, to work full-time, and to meet my own needs once in a while—I have nothing left," she says. "My life is fulfilling and I'm happy, but I'm probably going to look back and say, 'How did I do it?' "

For a time, Molly's father-in-law talked about moving from his home in Oklahoma to the Minnick household to be cared for by Dave, a physician at a local hospital who will complete his three-year residency in 1992. But he soon decided to stay in Oklahoma and continue taking care of his wife for as long as he is able. His son and daughter-in-law agreed, while making it clear that the elder Minnicks could still come to live in Michigan. Says Molly, "Dave and I have decided that we want to do whatever he wants."

Despite the problems she faces, when asked to describe the past year Molly unhesitatingly answers, "Good. This has been a good year." Last July, Dave passed his final boards and became licensed to practice medicine. His new status will push the family's annual income above its current level of $50,000.

"We have a little bit more money in our pocket during any given month," says Molly. The monthly payment on their four-bedroom home is $870, including taxes. They also have college debts, including Molly's $250 monthly payment on student loans. Yet Molly has managed to budget well and cuts costs by feeding a family of five on $400 per month. "I'm really organized," she says. "I make out menus for a week at a time to avoid all those little trips to the grocery store. And we avoid fast-food restaurants like the plague."

Last winter Molly's twelve-year-old car, with more than one hundred thousand miles on it, stopped cold in the middle of an intersection. The Minnicks postponed taking on an additional expense for a few months by borrowing a car from Molly's parents, and eventually bought a Chevy Lumina with a monthly payment of $300. Day care for Andy eats up another $340 per month.

With those kinds of bills, it seems likely that Molly, who works as a genetic counselor at a prenatal program at Michigan State University and spends Saturdays counseling children of divorce, will continue working full-time for the foreseeable future. But, she says purposefully, "I would still like to cut back to part-time, though I need to see if Dave's income will go up and kind of make up for it." There are part-time jobs available to residents, so that's a possibility. And should that happen, there still may be a baby in the Minnicks' future. "If I felt comfortable with things, financially . . . maybe next year," she speculates. "It's going to be next year—or probably not at all."

● DIANE PERRON WINSCHEL, 32 VALLEY FORGE, PENNSYLVANIA

This has been a year of phenomenal change for Diane and her five-year-old, Sean. For her it's brought a new job and improved health; for him, a new school; for both, a new house and friends.

Experts say that in the nineties, many women who once tried to have it all will cut back to the basics, swearing off the stressed-for-success life. In the past year, Diane has done just that, and in the process, she's found more contentment and happiness than she remembers having at any other time during her life. Perhaps her son described it best when he dubbed the year "Mommy and Sean's great adventure."

The changes began in November 1989, when Diane had a hysterectomy. Diagnosed with endometriosis years before, she had already had a large percentage of her ovaries removed. She was also persistently plagued by *(continued)*

Photos, page 158

Both Paulette (above) and Dana (left) suffered worrisome setbacks in the past year. Yet they faced those obstacles with grit and good humor

Anne: "Everything is really a lot tighter now. I've been thinking about putting a sign around my neck that says, 'Hey, I can't afford it.'"

(continued) bladder problems, kidney infections and bleeding that was sometimes so severe she was afraid to leave her house. Two doctors recommended the removal of the remainder of her ovaries, her fallopian tubes and her uterus, but Diane chose a less drastic approach—the removal of only the uterus and fallopian tubes. Her decision postponed hormone therapy, but Diane is aware that it might also mean the recurrence of her endometriosis. Still, she says, "it was worth taking the chance."

The operation went so well that Diane, who then lived outside Washington, D.C., was back in just nine days at her high-pressure job as a computer specialist/manager for a Defense Department contractor.

With her health problems abated, Diane felt strong enough to take actions she'd long considered. As part of her job, she was required to lay off some employees, and she found it unbearably stressful. Diane was also getting tired of city life. So, in the spring she accepted a job as a systems analyst with General Electric in Valley Forge, Pennsylvania.

The position had a lot to offer: "Security. It's more stable, in a growing rather than a declining area," she says.

Not only did Diane leave behind the Capitol's chaos, she has found that although her annual income (salary, child support and returns on investments) remains constant at $65,000, she now has more disposable income. She owned a $112,000 condominium in D.C. (due to declining property values, she lost $10,000 when it was sold), but in Valley Forge she chose to avoid the hassles of home ownership by renting. Her monthly payment of $695 per month includes heat and is still just half of her former monthly house payment. With Sean entering kindergarten this past fall, her day-care costs are also dropping from $600 to $400 per month. At work, Diane skims off 6 percent of her monthly salary for a company-sponsored investment program, some of which is earmarked for Sean's education.

"I know there are a lot of single mothers out there trying to make it on a lot less," she says. "I feel really lucky."

Still, not everything has gone smoothly. In May, just one month after arriving in Valley Forge, Diane was hospitalized with a strep infection. In a strange town, without friends, Diane was forced to move Sean into her hospital room for two days. "I found myself in a situation where I needed help and there was no one to call," she says. "It's the kind of thing I was always panicking about." But Diane recovered quickly, and when she mentioned her plight to co-workers, she was surrounded by offers of help should a similar situation recur.

Yet there are some concerns that Diane has been unable to shake. She wishes Sean could see more of his father, who lives in California. And this past year, Diane reluctantly brought her son in for a psychiatric evaluation because of recurring glassy-eyed rages that can sometimes last for days. "Ninety-five percent of the time he's not like that at all," she says, "but five percent of the time he's uncontrollable."

Although the psychiatrists did not diagnose Sean as having a specific problem, they suggested that Diane monitor his behavior. While Diane worries about her son, she's certain that she and Sean can handle his problems together. "All of these things build character," she says jokingly. "I think I'll soon have so much character that no one will ever be able to live with me."

● ANNE WEATHERILL, 45 CLARKSTON, WASHINGTON

Life didn't progress as Anne expected last year. She was laid off—twice. And the results of a mammogram, though nonmalignant, frightened her enough to make her decide to postpone working full-time just a little longer. With her daughter Maryanne, twenty-two, home from college for the summer—her first such return in four years—and Christine, seventeen, entering her senior year of high school, Anne knew this might be the last time the Weatherills would all be living together. So she spent the summer enjoying her children and her husband, Jim. "I have never heard of anybody on their deathbed regretting time they spent with people they love," she says.

The layoffs began at the end of 1989, when the weekly newspaper Anne worked for part-time was bought by a publishing company. Since she loved her proofreading and production job, the layoff was crushing. Then the part-time position she had *(continued on page 165)*

Roseanne coos playfully over her new hubby, Tom Arnold

ROSEANNE

ROSEANNE SINGS A NEW TUNE

WOULD YOU BELIEVE—A NEW, IMPROVED ROSEANNE? WELL, THE ALWAYS UNPREDICTABLE TV STAR TOOK SOME TIME OUT TO TALK TO THE JOURNAL ABOUT HER FAME, FAMILY AND FLUBS—AS WELL AS HER RESOLUTIONS TO MAKE 1991 HER BEST YEAR EVER.

BY JOBETH McDANIEL

Ten o'clock, and Roseanne Barr is seeking sustenance. "Where's that coffee?" she pleads, ignoring the fresh fruit and California Diet powder canisters that surround her. (Yes, she's trying to trim down—just a little.)

Cup in hand, she smiles sweetly and settles down in an easy chair in the Beverly Hills hotel where she's staying while her new house is being remodeled. Wearing a loose white shirt and black pants, her short brown hair still wet from the shower, TV's most controversial comedian is ready to talk about a year she'll never forget.

Nor will we. Sometimes it seemed that she was careening along on one wheel, several times coming dangerously close to spinning right off the *(continued on page 171)*

ONCE SHE WAS ADMIRED—IF NOT ALWAYS LOVED—AS AN ACTRESS OF CHILLY PERFECTION. BUT SHE HAS WARMED UP HER IMAGE SINCE "FATAL ATTRACTION." NOW, WITH A TODDLER AND TWO NEW MOVIES, SHE'S GOT A LIFE OF HAPPY CHAOS. BY CLIFF JAHR

GLENN GETS CLOSE

Glenn and some of her leading men (clockwise from top): Michael Douglas, Mel Gibson and Jeremy Irons

GLENN CLOSE IS DRESSED DOWN FOR LUNCH IN a trendy London trattoria, wearing a blue cotton shirt, baggy tan trousers and espadrilles. Nevertheless, she is arresting, with her penetrating blue eyes and golden hair. Her complexion, lightly freckled, is as pale as the moon.

A five-time runner-up for the Oscar, the forty-three-year-old actress became celebrated for her cool, cerebral heroines in movies like *The World According to Garp*, *The Big Chill* and *The Natural*. But then came her electrifying performance three years ago *(continued)*

(continued) as Alex Forrest, the deadly Other Woman in *Fatal Attraction.* Overnight, the ice queen melted—replaced by a bankable, sensuous star. "Men came up to me and said, 'You *really* scared me,' and women said, 'I took my husband to see it as a lesson—so he'd be afraid to cheat on me!' "

How did the transformation feel? "Great!" says Close, who's here playing Hamlet's mother in Franco Zeffirelli's film version of the Shakespearean drama—which stars none other than Mel Gibson in the title role and is due out this month.

At the same time that she was warming up her public image, Glenn's private life was changing, too. Indeed, during one tumultuous eighteen-month period, she ended her second marriage, to a

The Ice Queen warms up: Glenn and producer John Starke had a daughter in 1988

society stockbroker, began intensive therapy and reunited with her former boyfriend, thirty-nine-year-old film producer John Starke—with whom she subsequently had her first child.

"*Fatal Attraction* delivered a real catharsis in my life," says Close. "I couldn't *wait* to show everyone that I could be sexual. On a personal level, I had never really liked myself, but after that movie good things started clicking in my mind. I was turning forty, an age when a lot of women ask themselves, 'What has my life been until now and what's it going to be?' The answer was, 'Well, I'm *worth* something—if I'm going to stick up for myself, it's got to be now or never.' "

That period has left Close a precious legacy: her two-and-a-half-year-old daughter, Annie Maude. "She's brought me an incredible amount of sensitivity, and I think she's made me a nicer person," says the actress. "She has John's sense of humor, but she has my ability to concentrate."

Close met mustachioed, curly-haired Starke in 1982—he was the production manager on *The World According to Garp*—and a romance ensued. Their relationship lasted two years before it began to falter. "It was a bad time in our lives then," Close admits. "He was wild, I was desperate, and although we had something special together, at that time we were not meant to be."

The couple split, and Close married Wall Street millionaire James Marlas, moving into a big house in Connecticut. "I thought I could live that life," she says. "Y'know—Greenwich, being the perfect wife and hostess. But I couldn't."

As the marriage was ending in 1986, Close reunited with Starke. "We found

each other again after four years," she remembers, "and it was extraordinary because we had become different people. Now I would go through hell and back with him. I love his huge heart, his sense of humor, his kindness. But no—I'm still not in the marrying mood. We are committed to each other, and I don't need a certificate to say so. I've been married twice, and I don't know what good it did for me psychologically.

"It's actually very exciting *not* to be married," she continues. "In the eyes of society it might be more acceptable to do so, but for me, that is not an acceptable reason. Are my folks comfortable with it? Oh, I'm sure they are." Glenn pauses, then corrects herself. "No, I'm not sure. . ." she sighs.

A YANKEE YOUTH

The hesitation is understandable, given Glenn's privileged, upper-crust background. As a child, she and her two sisters and brother galloped ponies around their grandfather's five-hundred-acre estate in Greenwich, Connecticut—a blue-blood bastion that Close's ancestors helped charter back in Colonial times. Glenn was a bookworm and a tomboy who attended local public schools, and she lived largely inside her imagination. "Away from my family unit," she recalls, "I was morbidly shy—almost paralyzed."

When she turned thirteen, her father, a prominent Harvard-trained surgeon, opened a free clinic in Africa, and Close spent the bulk of her teens moving between their home in Zaire and boarding schools in Switzerland and Connecticut. After graduating from high school, she began a five-year tour with *Up With People*—a squeaky-clean troupe inspired by the conservative Moral Re-Armament movement that sang upbeat antidrug, antisex anthems. Glenn's 1969 marriage to the show's rock guitarist lasted only three years; today, she'd rather forget the whole period. "I just wish I'd had a nice, neat little life," she says, "but I haven't."

Making a complete break, she studied theater at the College of William and Mary (Phi Beta Kappa, 1974) and spent six years in classical repertory. Then, while performing on Broadway in the musical *Barnum,* Close was spotted by film director George Roy Hill, who tapped her to play Robin Williams's mother in *The World According to Garp.*

Since then, nearly every one of Close's performances on stage and screen has been nominated for a major award. Though she's lost her bid for the Oscar five times, she doesn't fret over it. "I'm more sorry for my family, who have to stay up late three hours to watch me lose," says Close. "Frankly, I was amazed at some of the things I've been nominated for. Like *The Big Chill,* which was an ensemble work. And *The Natural*—that *(continued on page 170)*

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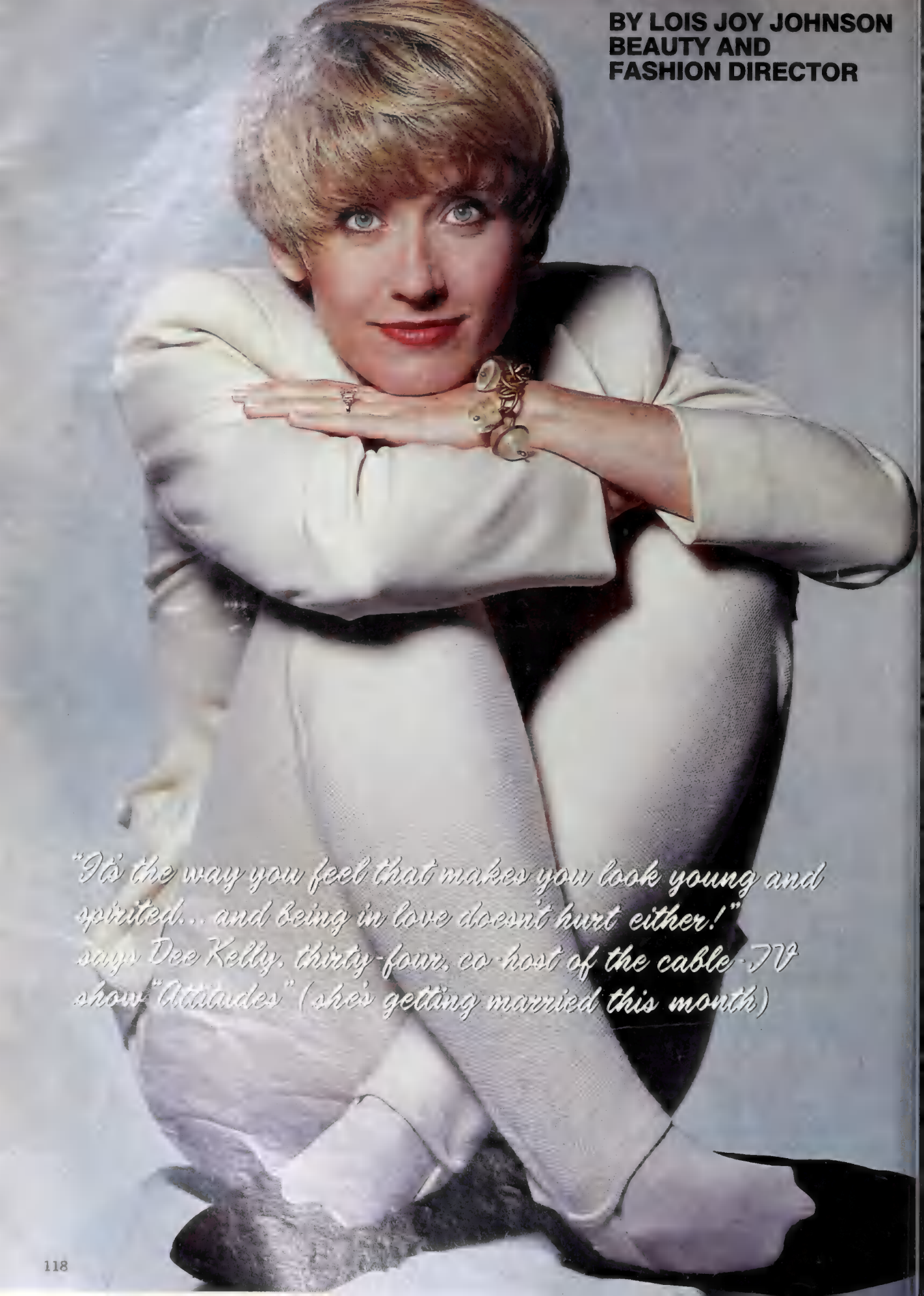

BY LOIS JOY JOHNSON
BEAUTY AND
FASHION DIRECTOR

"It's the way you feel that makes you look young and spirited... and being in love doesn't hurt either!"
says Dee Kelly, thirty-four, co-host of the cable TV show "Attitudes" (she's getting married this month)

HOW TO LOOK THINNER, YOUNGER, MORE SELF-CONFIDENT

TIPS AND TRICKS FROM LEADING BEAUTY AND FASHION EXPERTS, SOUND ADVICE FROM A TOP PSYCHOLOGIST AND SECRETS FROM TWO DIET DOCTORS TO START THE NEW YEAR BEAUTIFULLY

If you're like most of us, you've made a New Year's resolution or two that you're determined to follow through. Is this the year you're really going to shed those extra fifteen pounds and keep them off? Or maybe you've decided to revamp your wardrobe to express a younger, more outgoing attitude. Whatever change of face or pace you choose, know that 1991 is your year to make a difference—we know, because we've got all the answers. On these pages, real solutions for your hair, skin, body and psyche that make it easy to change the way you look and feel about yourself . . . forever.

The simplest but most dramatic way to look younger? A modern haircut. The shape should be swingy (the newest buzzword in hair salons) and suit your hair's texture, as well as your lifestyle and image. What cut is for you? "A short cropped cut is sexy, flirty and has built-in attitude. It's the most current look," says Harry King, style director for Pierre Michel, NYC. An added bonus of a cropped cut? "Going chin-length or above gives older women youthful appeal," explains Rhys Wooten, art director for Vidal Sassoon, NYC. Another current option is the bob. "A bob is a very versatile shape that works for almost everyone and every type of hair," says Wooten. Love long hair? It can look luxurious (without looking girlish) as long as you maintain a clean line with frequent trims (every four to six weeks) and keep it healthy. According to Wooten, "Trimming just a quarter inch will make all the difference in your hair's appearance."

No matter what length you choose, keep in mind two de-aging strategies that most women overlook: bangs and hair color. "Bangs are really terrific because they work in so many ways. You can wear them down or to the side, or *(continued)*

Left: Blazer, Emanuelle Khanh at Jet Lag, NYC; leggings, Mary Ann Restivo; bracelet, Martha Sturdy at Topper & Lowell, NYC; shoes, Donna Karan. Top right: Blazer, Gucci; skirt, Norma Kamali; shoes, Donna Karan; hosiery, Calvin Klein; earrings, Martha Sturdy at Topper & Lowell, NYC.

MIND OVER MIRROR

Mom was right: What's inside counts, too. In fact, self-confidence can be the biggest beauty booster of all. Here, New York psychologist Rita Freedman, Ph.D., author of *Bodylove: Learning to Like Our Looks and Ourselves* (Harper & Row, 1990), tells you how to reap its benefits.

■ **LHJ: How can women learn to like their looks?**
DR. FREEDMAN: Broaden your view of what beauty is. The attractive woman is not that way just because of
(continued on page 124)

(continued) brush them back to give your hair more height. They soften features and instantly camouflage forehead lines and crow's-feet," says King. As for color, "Don't be afraid to change or update your hair color," says Louis Licari of the Louis Licari Color Group, NYC. "A shade that worked for you five years ago is probably out of style today. A good colorist can add warmth or brightness to work with your skin tone."

Highlights are another option to enhance your hair color subtly while adding texture. "Highlights around the face can soften wrinkles and give sallow skin a flattering glow," says Licari.

To keep your hair in super shape, count on a protein shampoo. "Check the label for hydrolyzed protein, keratin or amino acids," advises James Viera, VP corporate technical director, L'Oréal Hair Care Division. "All are proteins that make hair look thicker by plumping up the cuticle—the outer layer of the hair shaft." Protein also helps repair damaged hair. Look for Revlon Flex Body Building Protein Shampoo with panthenol, Vita-Tress Biotin Shampoo by Nexxus with amino acids or Kiehl's Protein Concentrate for Normal to Dry Hair. If your hair is brittle, your conditioner should contain protein, too. According to Didi Garcia, formulation chemist at Helene Curtis, "You'll see tremendous results from a treatment that protects the cuticle—a smoother, revitalized look."

MAKEUP

Makeup has the power to recharge your looks and subtract years in just minutes. These days, the natural look is your best bet. Natural doesn't mean going without makeup, but carefully applying soft shadings that accent the positive instead of hiding less-than-perfect features. The effect of your makeup should be radiant skin and subtly defined eyes and lips.

If your skin is in good shape, try substituting a tinted moisturizer for your foundation and powder. It will give your face a glow and even out the pigment. We like Estée Lauder Perfect Climate Sportswear Tint SPF 12, Clarins Revitalizing Tinted Moisturizer and Lancôme Bienfait du Matin Multi-Protective Day Cream. (If you prefer a foundation, turn to page 27 for a guide.)

Another revitalizing option you may not have considered is bronzing powder—the hottest product on the market today. These powders now come in a range of shades—palest golden beige to tawny bronze. "Look for bronze with a bit of apricot for vibrance," *(continued)*

Dress and sweater, Tse Cashmere; earrings, Anne Turk Showroom; pumps, Robert Clergerie; hosiery, Calvin Klein; coat, Bill Blass; chair, Phillippe Starck ■ Modern Age, New York City.

THE REAL SKINNY ON DIETS

Every January, millions of women decide it's finally time to trim down. To help you tackle that task, we asked the most crucial weight-loss questions and got the answers from two top diet doctors: Xavier Pi-Sunyer, M.D., head of the Obesity Research Center at St. Luke's–Roosevelt Hospital Center in New York City, and Howard Shapiro, M.D., a weight-control specialist in private practice in Manhattan.

TAKING IT OFF

■ LHJ: I'm about thirty pounds overweight and wear a size 16. I'd like to be a size 10—I actually was, once—but I don't seem able to achieve that goal now. I'm as healthy as a horse and walk for miles at a time. My husband says I should accept myself as I am. What do you think?

DR. PI-SUNYER: Even though you may feel fine, carrying a lot of extra weight around can predispose you to serious health problems—heart disease, diabetes and even some types of cancer. But you *don't* necessarily have to get back to the weight you were at age twenty-one. Obesity-related complications generally don't begin until a person is about 20 percent above her desirable weight, and studies have shown there's ***(continued on page 168)***

"I live by sensible habits – exercise three times a week, healthy foods, careful skin care. Age should never stop you from doing the good things you've always done," says Nina Griscom, thirty-five, a Ford model and host for HBO Entertainment News

"I never think about my age," says Gale Hayman, founder of the cosmetics company Gale Hayman/Beverly Hills. "I feel that I look better now than I did twenty years ago." (She's in her mid-forties.)

(continued) says Lydia Snyder, makeup artist for Pierre Michel Salon, NYC. Dust cheekbones, temples, bridge of nose, brow bone and chin using a big, fluffy brush for sheer color. Try Revlon Pure Radiance Pressed Powder or Guerlain Terracotta Doré.

Says New York skin-care expert Trish McEvoy, "Forget about doing complicated eye makeup with lots of rainbow colors. All you need to highlight eyes is a groomed brow and matte pencil in soft gray or brown smudged close to lashline." Maybelline Natural Accent Eye Pencil is tops. For lush lashes, go for a protein-enriched mascara with a fat brush. We like L'Oréal Lash Out Mascara.

Prime lips with a nongreasy treatment that pumps up tiny lines. Apply moisturizing color with a short-bristled lip brush for sheerness. Our favorites: Revlon New Age Therapy Lip Zone Perfector, L'Oréal Colour Supreme Lipstick, Maybelline Moisture Whip Lipstick and Cover Girl Continuous Color Lipstick.

SKIN

But makeup isn't everything. You have to start with great skin. Dry and sagging skin, deep creases, and uneven pigment, including brown spots and tiny red lines, will give away your age immediately. So start paying attention to skin care. Avoid the sun and extreme water temperatures, and stick to a cleansing-toning-moisturizing routine religiously. In addition to your regular daily cleanser, "add a gentle exfoliating cleanser one to two times a week to add a healthy glow to skin," advises Linda Harris, assistant vice-president of product development for L'Oréal. "Not only does exfoliation provide deep cleansing, it brightens skin instantly." Three of the best: Revlon Pure Skin Care Scrub Mask, Plenitude Gentle Exfoliating Cream by L'Oréal, Lancôme Exfoliante Delicate Facial Buff.

Toning is the second crucial step that most women neglect. "Today's toners do more to help replenish the skin," says Jill Scalamandre, vice-president of creative marketing for Revlon. "They remove excess cleanser residue on the skin, rebalance the skin by adding moisturizing emollients when necessary and gently remove dead surface cells." Our favorite toners: New Age Naturals Lavender Facial Toner by Revlon, Oil of Olay Refreshing Tonic, Aveda Facial Toner and Almay Stress Tonic.

Moisturizing is the last essential step that over-thirty skin simply cannot do without. Skin pros recommend upgrading your everyday moisturizer to one that contains a sunscreen and super water-attracting ingredients like urea, lactic acid, hyaluronic acid. To minimize lines, look for protein additives like hydrolized protein, collagen or elastin. If skin is oily, opt for an oil-free hydrating treatment that's labeled noncomedogenic. L'Oréal's Plenitude line of moisturizers suits everyone's needs: Active Daily Moisturizer for normal to dry skin, Active Daily Moisture Lotion Oil-Free and Action Liposomes for all skin types.

Puffy morning eyes need special treatment. The area is too delicate for your regular moisturizer—instead, dab on a refreshing lightweight gel every morning before makeup. Tap fingertips around eye area to reduce swelling. Treatments that really work: Max Factor Puffy Eye Minimizer, Almay Stress Eye Gel and Elizabeth Arden Puffiness Calming Eye Gel.

If you've been using your daytime moisturizer at night, too, it's time to switch to an intensified moisturizer and eye cream that will make the most of the increased cell renewal your skin undergoes while you sleep. "Nighttime is excellent for moisturizing because it's a rejuvenation time for the skin," explains Mitch Wortzman, president of the dermatologics division at Neutrogena Corporation. Great night creams: Neutrogena Night Cream, Oil of Olay Night of Olay Nightcare Cream, Ultima II Megadose and Max Factor Overnight Moisture Supplement. Our picks for eye creams: Estée Lauder Time Zone Eyes and Neutrogena Eye Cream.

For some women, cleansing and toning is not enough. Medical treatments can help, but they must be considered very carefully, because they may have side effects. If you have brown spots or lots of fine lines, you may want to try the *(continued)*

Makeup, Brigitte Reiss Andersen for Trish McEvoy. Three-piece suit, Norma Kamali.

(continued) prescription drug Retin-A. According to Joseph Bark, M.D., dermatologist and author of *Retin A and Other Youth Miracles* (Prima, 1989), "Retin-A gives skin a fresher, smoother appearance by increasing cell growth and exfoliation. There are no known long-term side effects, and any irritation usually subsides with continued use." It's now available in a low-dose formula (.025%) for those who want to ease into the treatment gradually. If your skin is very sensitive, dilute the Retin-A with a moisturizer that's compatible with Retin-A, like Neutrogena Moisture or Almay Perfect Moisture.

To erase deep lines and creases (especially nose-to-

mouth lines and creases between brows), consider collagen injections. "Collagen isn't a cure-all, but it can minimize wrinkles by stiffening the skin in the fold," says Bark. Several injections are required to fill each line (Lidocaine, a mild anesthetic, is mixed with the collagen to ease stinging), and the collagen lasts six to twenty-four months.

The most radical treatments for deep wrinkles, brown spots and pitted or scarred skin are dermabrasion and chemical peels. Both treatments must be performed by a reputable plastic surgeon or dermatologist. With dermabrasion, a rapidly

rotating high-speed wire brush is used to remove top layers of skin. With a chemical peel, controlled chemicals burn off top layers of skin.

BODY

Believe it or not, the shape you're in has less to do with your age than with your eating and fitness habits. As you age, muscle is gradually replaced by fat, but you can reverse the process with regular aerobic exercise and a low-fat diet. "The real key to a thinner, more youthful appearance is improving muscle tone," says Dan Isaacson, a pioneer in the personal-training industry and a top trainer of Hollywood celebs. "You'll improve your contours, posture *and* self-esteem."

Adopt a positive body attitude by concentrating on elongating your body when you walk, stand and sit. A trick: Hold your head up as if it's being pulled by a string, and keep your neck and spine extended (this will help a saggy jawline, too). Let shoulders drop in a relaxed way and lift your rib cage to make a space between your ribs and hips. A flat, toned tummy and firm upper arms are signs of fitness, so add stomach crunches to your daily routine and firm up fleshy *(continued on page 168)*

(continued from page 119)

her appearance, but also because of her warmth, her talents, her achievements.

■ LHJ: Can a woman feel more attractive by changing her attitude?

DR. FREEDMAN: An important part of self-confidence is tuning into one's distinctive characteristics. Women who have created a memorable image, like Barbra Streisand, have said, "Which part of me is really different? I'm going to highlight it, preserve it, make it even more memorable."

■ LHJ: Does physical fitness play a role?

DR. FREEDMAN: The pleasures of movement add self-confidence. I recommend that everyone look for some exercise that's pleasurable.

■ LHJ: How can a woman build her self-confidence?

DR. FREEDMAN: Use the mirror constructively. Resist tuning in to flaws, and focus on those features that you feel confident about. Use affirmations—tell yourself, "I look better than I ever have." —NADIA ZONIS

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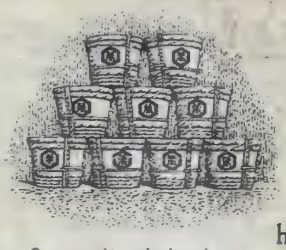

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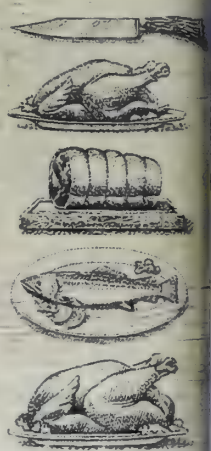
But, we think, the *way* we make soy sauce is a story to be mindful of the next time you go shopping. Unlike most soy sauces, which are produced in a matter of days, Kikkoman Soy Sauce is naturally brewed for nearly six months. Soybeans are blended with wheat in a mash and then fermented.

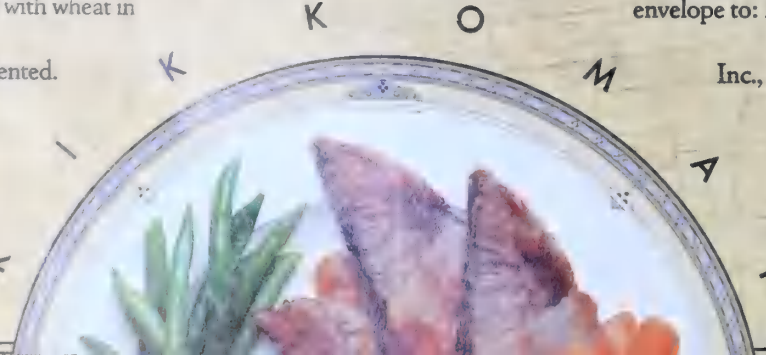
What results is a natural, aromatic flavor that celebrates (not conceals) the taste of your favorite foods. For those of you watching your sodium intake, we offer Kikkoman Lite. The same naturally brewed flavor, but with forty percent less salt.

Further food for thought. Kikkoman Soy Sauce isn't only for Oriental cooking. Quite the contrary.

How many ways can one use Kikkoman? Have fun answering that one. To receive free Kikkoman recipes send a self-addressed stamped envelope to: Kikkoman International Inc., Dept. CS2H, P.O. Box 784, San Francisco, CA 94101.



Whatever you cook and however you cook it, cooking with Kikkoman Soy Sauce elevates the essence of meats to a glorious level.



easpoon cinnamon

at oven to 350°F. Line twenty-four ch muffin-pan cups with paper bak- ps. Combine flour, baking powder lt in bowl. Beat sugar, yogurt, oil, juice and peel, and vanilla in mixer until smooth. Beat in dry ingredients. egg whites to stiff peaks. Fold into in 2 batches with rubber spatula. into muffin cups, filling each two- full. Sprinkle tops with streusel. Bake 40 minutes, until toothpick inserted ter comes out clean. Let stand in 5 minutes. Remove from pans and n wire rack. Makes 2 dozen.

el: Combine all ingredients in bowl.

n info per cupcake: 125 calories, 2 gm 2 gm fat, 25 gm carbohydrates, 99 mg 0 mg cholesterol.

E SPICE COOKIES WITH ON GLAZE

Molasses and fresh apple make these chewy, satisfying cookies so flavorful that you won't miss the fat one bit.

Prep time: 15 minutes
Baking time: 10 to 12 minutes per batch

1½ cups all-purpose flour
1 teaspoon ginger
¾ teaspoon baking soda
¼ teaspoon salt
½ cup unsulfured molasses
¼ cup granulated sugar
2 tablespoons vegetable oil
2 large egg whites
½ teaspoon vanilla extract
1½ cups oats, uncooked
1 Granny Smith apple, peeled, diced

Lemon Glaze
1 cup confectioners' sugar, sifted
1 tablespoon skim milk
¼ teaspoon grated lemon peel

Preheat oven to 350°F. Coat 2 cookie sheets with vegetable cooking spray. Combine flour, ginger, baking soda and salt in bowl. Beat molasses, sugar, oil, egg whites and vanilla until smooth. Beat in dry ingredients just until combined. Stir in oats and apple. Drop batter by teaspoonfuls at least 2 inches apart onto prepared cookie sheets. Bake 10 to 12 minutes, until edges are golden. Transfer to wire racks to cool. Glaze tops of cookies. Makes 50. *Lemon Glaze:* Blend all ingredients in bowl until well mixed.

Nutrition info per cookie: 50 calories, 1 gm protein, 1 gm fat, 10 gm carbohydrates, 26 mg sodium, 0 mg cholesterol.

DEVIL'S FOOD LAYER CAKE

pictured on page 154

A dark, fudgy cake with two secret ingredients: milk powder to add richness without fat, and coffee powder to enhance the chocolate flavor. Delicious!

Prep time: 20 minutes plus cooling
Baking time: 25 minutes

1¾ cups sifted cake flour
½ cup unsweetened cocoa
½ cup nonfat dry milk powder
1½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
1 cup buttermilk
½ teaspoon instant espresso powder
3 tablespoons vegetable oil
1½ cups sugar
1 teaspoon vanilla extract
3 large egg whites

Fluffy white frosting
4 large egg whites
¾ cup sugar
1 teaspoon cream of tartar
Pinch salt
1 teaspoon vanilla extract

Preheat oven to 350°F. Coat three 8-inch round cake pans with *(continued)*

Ladies' Home Journal
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■ LOW-FAT DESSERTS
continued

vegetable cooking spray. Line bottoms with wax paper. Spray paper; flour pans.

Combine first six ingredients in bowl. Stir buttermilk, espresso powder, oil, sugar and vanilla into mixer bowl until espresso is dissolved. Beat in dry ingredients.

Beat egg whites in small mixer bowl to stiff peaks. Carefully fold into chocolate batter in 2 batches with rubber spatula. Pour batter evenly into prepared pans.

Bake 25 minutes or until toothpick inserted in center comes out clean. Cool in pans 5 minutes. Invert onto racks; remove pans and paper. Invert cakes again; cool completely right side up.

Place one cake layer on serving plate. Frost top with 1 cup frosting. Top with another cake layer and 1 more cup frosting. Add remaining cake layer; frost top and sides with remaining frosting. Makes 16 servings.

Fluffy white frosting: Combine egg whites, sugar, cream of tartar and salt in large double boiler. Place over simmering water and beat at high speed with handheld mixer 5 minutes. Transfer frosting to large bowl; add vanilla. Beat at high speed until stiff, 5 minutes more.

Nutrition info per serving: 200 calories, 4 gm protein, 3 gm fat, 40 gm carbohydrates, 194 mg sodium, 1 mg cholesterol.

CRANBERRY-ORANGE CAKE WITH CARAMEL

pictured on page 155

The caramelized fruit topping soaks into the cake, giving it a wonderful richness—you'd swear it was made with butter.

Prep time: 20 minutes plus cooling ◒
Baking time: 40 to 45 minutes

- 2¼ cups sifted cake flour
- ½ cup nonfat dry milk powder
- 2 teaspoons baking powder
- ½ teaspoon salt
- 3 tablespoons vegetable oil
- 2½ cups sugar, divided
- ¾ cup skim milk
- 1 teaspoon grated orange peel
- ½ teaspoon vanilla extract
- 1 bag (12 oz.) cranberries, divided
- 4 large egg whites
- ¼ cup water

Preheat oven to 350°F. Coat 9-inch springform pan with vegetable cooking spray.

Combine flour, milk powder, baking powder and salt in bowl. Beat oil, 1½ cups sugar, milk, orange peel and vanilla in mixer bowl until smooth. Beat in dry ingredients just until combined. Stir in 1 cup cranberries. Beat egg whites in small mixer bowl to stiff peaks. Carefully fold into batter in 2 batches with rubber spatula. Pour into prepared pan. Bake 40 to 45 minutes, until toothpick inserted in center comes out clean. Cool on wire rack.

Meanwhile, combine remaining 1 cup sugar and water in medium saucepan; stir to combine. Cook over medium heat until sugar is completely dissolved and caramelized, 15 minutes (do not stir). Stir in remaining cranberries and cook until cranberries pop and caramel is smooth, 1 minute more. (If caramel crystallizes, continue stirring 1 minute more, until smooth.)

Remove sides of springform pan; place cake on serving plate. Carefully spoon cranberries in even layer over top of cake, then pour any remaining caramel over fruit. Let stand 1 hour before serving. Makes 12 servings.

Nutrition info per serving: 290 calories, 4 gm protein, 4 gm fat, 62 gm carbohydrates, 205 mg sodium, 1 mg cholesterol.

BANANA-BROWNIE SUNDAE

pictured on page 154

A low-fat banana sundae? Absolutely! Our brownie's made with mashed banana and topped with fat-free frozen dessert and chocolate syrup, not high-fat fudge.

Prep time: 7 minutes ○
Baking time: 25 minutes

Brownies

- 1 cup all-purpose flour
- ⅓ cup unsweetened cocoa
- ¼ cup nonfat dry milk powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 large very ripe banana
- 1 cup sugar
- 2 large egg whites
- ¼ cup buttermilk
- 1 teaspoon vanilla extract

Brownies: Preheat oven to 350°F. C inch square baking pan with veg cooking spray. Combine flour, milk powder, baking soda and bowl. Puree banana, sugar, egg buttermilk and vanilla in food pro until smooth. Add dry ingredient pulse just until blended. Pour into pared pan. Bake 25 minutes o toothpick inserted in center comes clean. Cool on wire rack. Cut into squares. Makes 16.

Nutrition info per brownie: 65 calories, 1 tein, 0 gm fat, 15 gm carbohydrates, 42 mg 0 mg cholesterol.

For each sundae, arrange ½ ba peeled, in serving dish. Place 1 br and 1 scoop vanilla nonfat frozen in center. Top with 1 tablespoon pre chocolate syrup and 1 maraschino (optional).

Nutrition info per sundae: 290 calories, 5 tein, 1 gm fat, 69 gm carbohydrates, 132 mg 0 mg cholesterol.

Journal Shopping Cent

BEAUTY AND FASHION JOURNAL
Page 30 Bottom: Karen's top and blazer, Benetton; e Patti Horn at Fragments; necklace, Erwin Pearl. Anne shirt & jacket, In Wear Matinique; earrings, Mario Salv Fragments; necklace, Sally Davidson at Fragments. dress and jacket, Patricia Clyne; beads, Erwin Pearl; e Fragments. Elise's sweater, leggings and jacket, Benett rings, Mario Salvucci at Fragments. suit, Janice's Mari dofora; earrings, Mario Salvucci at Fragments. Joanne' Art Associated for Maternity; earrings, Deanna Hamro ments; bracelet, Patti Horn at Fragments. Jo's sweat jacket, The Forgotten Woman; earrings, Erwin Pearl. P Photos, top: left and middle, Globe Photos; right, Gamm son. Photos, bottom: Globe Photos, Bob Scott/Ron Ga Kirkland Sygma.
DAYS OF THEIR LIVES
Page 108-109 Photos, from top: David Kryszak/Blac Steve Sharp; Jeff Taylor. **Page 110-111** Photos, from t Snyder, Mary Ann Carter/Picture Group.
WINTER HEALTH GUIDE
Page 48 Woman's skirt, Reminiscence, NYC; child's robe Kiddets, NYC.
GLENN GETS CLOSE
Page 114-115 Photos, clockwise from left: Warne Sygma, Elizabeth Zeschin, Warner Bros.

EDITOR'S NOTE

In August, *Ladies' Home Journal* publish story, "Can these mysteries be solved case of the bogus burglary." The story to the murder of Jeanne G. Tovrea in and contained several misstatements Jeanne G. Tovrea's daughter, Ms. Debbie was never estranged from her mother. Jeanne G. Tovrea's three stepchildren in approximately $4 million upon Jeanne rea's death. Third, Ms. Nolan did take detector test after the murder and is suspect in the case. *Ladies' Home Journal* these misstatements.

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INSIDE THE JOURNAL KITCHEN

You asked for it

Dear LHJ:
I loved my recent stay at the Ritz-Carlton in Washington, D.C., including the fabulous crab cakes at the hotel restaurant. I must have the recipe—can you help?
Ann Anderson, New York City

A Capitol affair

Thirty years old this month, the Jockey Club in the elegant Ritz-Carlton hotel is famous for its crab cakes as well as its high-profile clientele. Here is the recipe for one of the restaurant's signature dishes.

Place 2 pounds jumbo lump crabmeat in medium bowl; discard any shells. Add 1 cup fresh bread crumbs and mix thoroughly. Whisk 1 egg, 1 tablespoon Dijon mustard and 1½ teaspoons Worcestershire sauce; add to crab mixture and mix well. Season with salt and pepper. Shape into eight patties. Place on wax paper–lined baking sheet and refrigerate 15 minutes.

Preheat oven to 400°F. Spread ¼ cup all-purpose flour on shallow dish; lightly coat both sides of patties. Heat 1 tablespoon vegetable oil in large skillet over medium-high heat 1 minute. Cook patties until browned on one side, 5 minutes. Turn, place skillet in oven and cook 8 minutes.

Meanwhile, heat 4 tablespoons butter in saucepan over high heat until lightly browned, swirling constantly to prevent burning. Stir in 2 tablespoons lemon juice. Pour over crab cakes. Serve immediately. Garnish with lemon wedges. Serves 4.

recipe index

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

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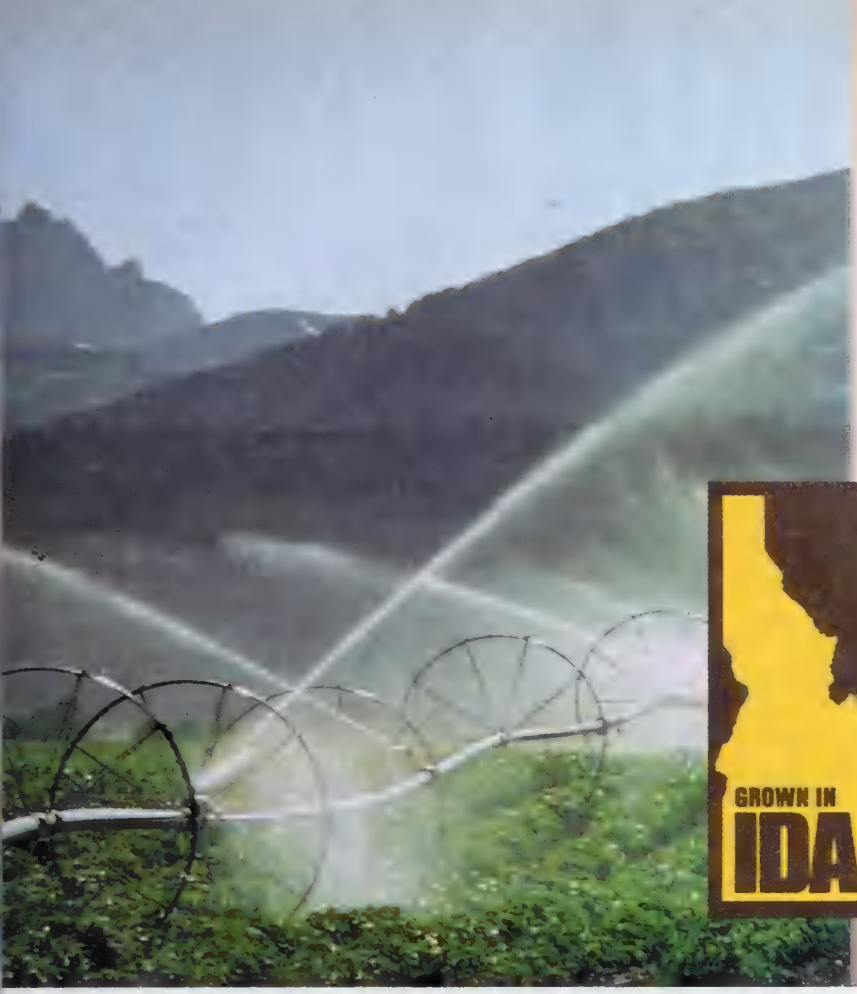

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OIL OF OLAY CONTEST RULES
(continued from page 30)

1 Complete entire entry form, or use a 3" x 5" piece of paper with the following information: name, address, phone number, age and signature. Include with form the following: a box tab with Universal Product Code from any Oil of Olay skin-care product; a statement of fifty words or less on why you look great for your age; your most important skin-care tip; two current photographs, one full-length and one close-up (head-and-shoulder shot). Photographs must be in color and no larger than 5" x 7" in size.

2 Mail to: Oil of Olay/Ladies' Home Journal Contest, P.O. Box 792, Radio City Station, New York, NY 10101. All entries must be received by January 31, 1991. Limit one entry per person. Sponsors will not be responsible for lost, misdirected, damaged or late mail. All photos and materials submitted become the sponsors' property and will not be returned or acknowledged.

3 All original entries will be judged under the supervision of VENTURA ASSOCIATES, INC., an independent judging organization whose decisions are final. Ventura will select one hundred fifty entrants. These entrants will be judged by a panel of experts designated by Oil of Olay and Ladies' Home Journal, and ten semifinalists will be selected. This panel will consist of advertising, media and beauty experts. Five finalists will be selected to come to New York City for a mini-pageant. The mini-pageant will be judged by the panel of experts, and a grand-prize winner will be selected. All judging by VENTURA ASSOCIATES, INC., and the panel of experts will follow the same criteria. Photographs will be judged on subjects' youthful appearance relative to actual age (0-15 points); overall appearance and photogenic qualities (0-10); and judges' perceptions of skin quality, i.e., clarity, color, firmness, fine lines (0-10). A fifty-word statement on why you think you look great for your age will be judged on judges' perceptions of the effort and dedication to looking younger than you are (0-10) and clarity of expression (0-5). The contestant with the highest point total will win. In the event that scores are tied at any point in the selection process, judges will judge the skin-care tip in order to choose winner(s). Tips will be judged on perceived effectiveness and originality. Decisions of judges are final.

4 Contest is void in Vermont and Puerto Rico. Arizona, Florida, Maryland, Minnesota and Wisconsin residents need not include proof-of-purchase.

5 All semifinalists will receive a year's supply of Oil of Olay skin-care products. The five semifinalists not selected as one of the five finalists will each receive a cash prize of $1,000. The finalists will receive a two-day trip to New York City to participate in a grand-prize selection mini-pageant. Oil of Olay will provide round-trip air transportation, hotel accommodations and meals for each winner and husband (or escort) for two days. All winners will receive a professional hair and makeup makeover on the morning of the mini-pageant. Restaurant, theater accommodations and a reception with TV-show cast will also be included (approximate retail value, $2,500 each). The grand-prize winner will appear on a popular CBS television daytime soap opera (Oil of Olay will provide round-trip transportation, hotel accommodations and meals for both the grand-prize winner and escort), and will receive $5,000 cash. The grand prizes or any other prizes are not exchangeable, refundable or transferable. There will be no substitution of prizes except as may be necessary due to unavailability. NOTE: The grand-prize winner may be requested to participate and be featured in a tour (up to five cities) to publicize the contest. Transportation and meals will be provided by Oil of Olay.

6 The ten semifinalists will be notified by mail on or before February 28, 1991, and must consent to participate in any media interviews scheduled by Oil of Olay. The five finalists must consent to be available and to participate and render services in connection with a final mini-pageant to be held in New York City before March 15, 1991, and to participate in photography/taping sessions and media interviews, or they will be replaced by one of the five semifinalists not selected as a finalist. All entrants agree to grant to the sponsor of the contest the right to use their names, photographs and written comments in connection with any promotion, publicity and advertising on behalf of Oil of Olay skin-care products in connection with the contest at no additional compensation. The grand-prize winner will also render services for additional photography/taping sessions in connection with any promotion, publicity and advertising on behalf of Oil of Olay for the contest, and as a participant in a tour. In the event that one of the winners cannot complete all responsibilities due to pregnancy, illness or unacceptable change in overall appearance, one of the finalists will assume only responsibilities left uncompleted. All ten semifinalists will be required to sign and return an affidavit of eligibility and release within seven days of date of notification prior to receiving any prizes or being invited to New York City for final judging. This will require submitting proof of age. A photocopy of a birth certificate, driver's license or passport will be accepted as proof of age. Failure to forward completed information as required may result in forfeiture of prize, and an alternate winner may be selected. The grand-prize winner will also agree to join the Screen Actors Guild at the expense of Oil of Olay, should this be necessary.

7 Contest is open to women who are U.S. residents, age twenty-five or over, whether or not they've done modeling or acting. Employees and their families of Meredith Corporation, Procter & Gamble, CBS Inc., and their respective affiliates, subsidiaries, advertising agencies, and VENTURA ASSOCIATES, INC., are not eligible. All federal, state and local laws and regulations apply. Contest void where prohibited or restricted by law. Taxes on prizes are winner's responsibility.

8 For a list of winners, send a self-addressed, stamped envelope before March 15, 1991, to: Oil of Olay/Ladies' Home Journal Contest Results, P.O. Box 545, Gibbstown, NJ 08027.

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NUTRINEWS

continued from page 68

on labels. And in October, followi reports of severe allergic reactions the cereal, the manufacturer said would add a warning to the label.

What does this mean for you? Expe advise eating only small quantiti with adequate fluids; because psylliu is so concentrated, it can swell and blo the esophagus. Furthermore, as wi any food, it should not be considered panacea, merely part of a varied diet you've never had an allergic reaction psyllium, you probably don't have worry. Only a small number of re tions have been observed, mostly health-care workers who seem to ha become sensitized from handling la amounts of psyllium powder laxativ

[As the *Journal* went to press, C gress passed legislation designed clarify food labels. If it is signed i law, the measure could affect the sta of psyllium.]

Boosting your fiber

Scientists keep discovering more be fits from both types of fiber, says Ela Lanza, Ph.D., a researcher at the tional Cancer Institute (NCI). For ample, preliminary studies of corn b and rice bran, both high in *insolu* fiber, indicate they may also have potential to lower cholesterol. To he your bets, says Mindy Hermann, R of the American Dietetic Associatio just follow these guidelines:

- Start the day with a high-fiber ce that has at least eight grams of fiber serving (see labels). It will provide n ly half your daily allotment.
- During the day, eat at least five s ings of fruits and vegetables.
- Don't peel apples or pears, and baked potatoes with the skins Switch from white bread to whole gr
- At salad bars, pile on the peas, c carrots and broccoli. Don't rely on tuce; it's mostly water and has relat ly little fiber.

You can't overdose on fiber if stick to whole food sources and d overeat—but don't overdo it with s plements or by heaping scoops of b on all your meals. The NCI recomm an *upper* limit of 35 grams of fiber a Larger amounts may interfere with absorption of other vital nutrients. don't change your diet all at once, or could find yourself suffering from cess gas. This unpleasant side e usually goes away once your body justs to the new regimen, say exp Two over-the-counter remedies help: activated charcoal pills Beano, an enzyme in liquid form breaks down gas-producing plex carbohydrates.

AYS OF THEIR LIVES

ntinued from page 111

l to replace it, clerical work for a prosecutor, ended after two and a weeks when her boss announced anted someone with courtroom exnce. "It was demoralizing," says . "I felt like a Ping-Pong ball." money she'd been earning, about 0 last year, was helping to put anne through college. "It had a goal of ours to put her through out owing anyone anything," says . To pick up the slack, Maryanne, nior in communication disorders stern Washington University, ined her hours as a motel desk

nen Maryanne begins graduate l this fall, the emphasis will shift ving so that Christine can have same debt-free start. "Things are tighter now," admits Anne, who called back to her old newspaper

ulette: "I have to keep reminding myself that it is tural for a child to separate from her mother. It's ficult. It's a passage in her life, and in my life, too."

nd currently works one day a . "I've been thinking about puta sign around my neck that says, I can't afford it.' "

o events combined to shake 's sense of security: A mammo- showed calcium deposits in her reast, and an eighteen-year-old r student who had run track with tine was murdered.

hough the mammogram revealed dition that did not require sur- for Anne it resurrected memories r own mother's death from breast r at sixty-one. She intends to tor the condition.

r the entire family the death of tine's former teammate was a ul lesson that even Clarkston, a y town nestled in a valley along anks of the Snake River, is not nd the reach of senseless violence. e I was warning Christine about ng around downtown, and her mate is stabbed sleeping on the n in her living room," says Anne, ing her head in disbelief. "It es the kids feel very vulnerable. It es me feel very vulnerable."

t financially the year didn't turn s badly as Anne had feared. Jim, ot who started over again at the m in 1979 when he switched from g helicopters to airplanes, made t $45,000 last year with a large nercial carrier. Compared with arly eighties, when his salary in a good year was $20,000, it was a formidable sum. It went even farther because the Weatherills hadn't increased their spending as Jim's salary rose.

They still live in a modest ranch home, and their house payment is $500 per month. They started to remodel the kitchen last year, but they have yet to replace the dated avocado appliances with the almond-colored ones Anne wants. The family had the money last year, but spent it on a new washer and dryer when the old ones died. The year before, the septic tank collapsed, requiring immediate attention and depleting their savings.

"If we say we have some extra money, we have to whisper," says Jim, busily cooking dinner in the kitchen. "Because all the machinery around here is listening, and as soon as it hears we have some extra money it says, 'All right, I'm going to break down.' "

One thing Anne and Jim did splurge on was a sixteen-year-old powerboat they moor on the Snake River, seven minutes from their house. The payments on the $12,000 boat are $180 a month. Says Anne, laughing, "It's cheaper than a therapist."

● PAULETTE POLLEY, 41 AKRON, OHIO

The eighties ended with a one-two punch for the Polley family. In November 1989, Paulette's mother was in a car accident that left her dependent for a time on a respirator and near death.

Then the second blow arrived—also delivered by a hurtling car. With her mother still in intensive care, Paulette, her husband, William, and their two children, Nicole, thirteen, and Alycia, ten, were running errands two weeks before Christmas when the family's car collided with another vehicle. William and the girls escaped injury, but Paulette suffered severe nerve and muscle damage to her back and shoulders. As a result, the first five months of the nineties evaporated in a cloud of pain, painkillers and antidepressants. "I now understand why they say that if you've got your health, you've got everything," Paulette says.

Like her mother, who was hospitalized for three months and had to learn how to sit up and walk again, Paulette battled her way back with determination. Her doctor's warning that giving in to the pain could make it persist convinced her to continue *(continued)*

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DAYS OF THEIR LIVES
continued

teaching at the University of Akron's business school.

Concerned about the addiction that can result from the pain-medication cycle, Paulette monitored herself carefully. "Maybe it was lucky," she says, laughing, "but the pills never worked well enough to stop the pain. It never felt so good I wanted to stay on it."

Through it all, the Polley family pitched in to help. The girls cleaned, and William became the family's grocery shopper. "I couldn't even run the vacuum," admits Paulette. It was June before she was improved enough to continue work on the dissertation that will complete her Ph.D.

Financially, despite the looming national recession and the hard-hit Akron economy, the Polleys have never been in better shape. William, in his sixteenth year as an internist, earns a good living. Though they stretched in 1980 to purchase their large brick home, they are now comfortable with both the mortgage payments and the expense required to maintain the house. "But like most people, we used to live to the extent of our income," says Paulette, who began her full-time position at the college in the fall of 1989. Her salary changed all that, raising the family's annual income by 50 percent. For the first time, there was money to put aside for retirement and the girls' college tuition.

"I guess I've also become a bit more free with my spending since I've started to work," admits Paulette, who enjoys taking the family out to dinner instead of cooking after a full day of teaching. "But I don't feel affluent. I just feel as if we live comfortably."

The past year brought another change to the Polley household: Nicole, a budding pianist and would-be actress, became a teenager. It reminded Paulette that she, too, was getting older, and that eventually her daughters would grow up and move on. "I have to keep reminding myself that it is natural for a child to separate from its mother," she sighs. "It's difficult. It's a passage in her life and a passage in my life, too. But I still have Alycia, my little girl, who still wants to be close to Mommy."

● DANA CRONE, 31
EMINENCE, INDIANA

The kitchen of the Crones' remodeled century-old farmhouse is warm and comfortable as the midday sun streams through the windows. The children—Molly, nine; Ty, seven; and Casey, three—are seated around table for lunch. The meal is a pause for Jack Crone, who has hard at work since just after sunr

His family has farmed this lan generations, and he knows the ness well; he also knows that fina success or failure can depend on whims of the weather or political out from an international contro thousands of miles away.

This year, the Crones fell victi both. In early August, the Middle conflict sent the price of fuel sky eting. Then, weeks later, a ninety en-mile-per-hour wind tore thr several cornfields the family vates, gutting much of that crop.

That, and the fact that grain p dropped in September, could cos Crones as much as $40,000 this y

"You never know," says Dan she hands Jack a platter of pot r "It's just a part of our lives. We looking forward to this being o our best years. But between the s and fuel prices, we'll be lucky to twenty thousand dollars [from farm]. It could be as low as five sand dollars. We'll pay our oper expenses, but there's not going much left to live on."

There have been worse y though—like 1979, the year

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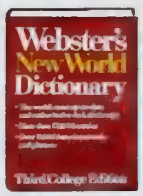

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es were married, when they end- $12,000 in the hole. They kept 'arm only by taking out loans, ng in most of Jack's life insurance orrowing against the rest. It took years to recover. Last year, a vely good one, Jack and Dana ed $148,000. After bills were though, they netted $26,000, in- ng Dana's $5,000 earnings as a ician two days a week and divi- s from stocks she inherited from ather.

know it seems impossible for a y of five to live on so little money, ve'll make it," Dana says. "The ntage we have is that money goes farther on a farm than it does in ity." And since they live in a that belongs to Jack's family, 's no house payment. Dana does of her own canning from a fam- rden she tends with the children. summer she puts up tomatoes, beans, sweet corn, peppers, on- and cucumbers. They grow mel- nd Dana makes her own jams. In ion, they barter with neighbors ems they don't grow themselves, apples. Their weekly grocery bill ges just $65.

ile the rest of the world grapples a monthly budget, Dana and Jack aid once a year, each November, after the crop is sold. Therefore, many of their bills are paid on an annual basis: For instance, each winter Dana writes a $3,000 check to cover all the payments on the family's car.

For Dana, the most painful part of this year's disappointing harvest was that it forced her and Jack to withdraw the $6,000 they had carefully saved over the past three years for the kids' college educations. "It's gone," she says quietly. "We're going to have to start over again."

The year brought some personal traumas as well. Barney Crone, Jack's father and the seventy-two-year-old patriarch of the Crone clan, was hospitalized with a mild heart attack. Dana's brother Andy has gotten divorced. Jack's brother Gordon is in the process of getting a divorce.

But the Crones reckon there have been good times, too. Seated at a backyard picnic table, with the scent of ripening dill in the air, Dana admits, "It could be worse. We're still together. We're all healthy." This summer, the family took a one-week vacation at a lake on the Tennessee-Kentucky border. "One day we spent hiking," she says, "and at the end of it we found this beautiful waterfall."

Also, Dana's brother Andy hit the jackpot when he won $1 million in a state lottery. "He offered to buy something for everyone in the family," says Dana, smiling. "But we told him, 'Quit worrying about trying to help everybody else. Invest it, then later on if somebody needs help, you can help.'

"We'll survive," Dana says stoically. "There's always next year."

The five women you've been reading about face the same problems as most American women: balancing work and family, finding the right job, managing finances, deciding whether to have another child or how best to care for an aging relative. For all of them, the nineties will undoubtedly be a time of challenge and change, of joy and occasional sadness. Stay tuned for our next installment, in January 1992, to see how Dana, Molly, Paulette, Anne and Diane have been living the days of their lives. ■

Kathryn Casey is a contributing editor to Ladies' Home Journal.

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HOW TO LOOK YOUNGER

continued from page 124

upper arms by doing exercises with light weights. Above all, commit to getting fit. If you don't have time for classes at a gym, walk. It's a low-impact, low-injury activity that tones and gives you a great heart-lung workout.

If you haven't been paying attention to your diet, start now. "The old adage 'you are what you eat' happens to be true," says Marilyn Carnell, Ph.D., R.D., director of nutrition programs and services for Nutrisystem. "Nutrition affects your hair, skin, energy level, mood and, of course, your body. A balanced low-fat diet will keep you healthy and will satisfy cravings." Avoid yo-yo dieting at all costs: In addition to the obvious health risks, stretch marks can develop where collagen and elastic fibers in the skin have been stressed.

STYLE

The process of losing weight and getting in shape can be frustrating, but the good news is you can *dress* thin and boost your confidence while you're slimming down.

■ A good bra is essential for a firm silhouette. (Breasts are the first body zone to sag.) According to Carole Stewart, director of advertising for Vanity Fair, "the uplift—physical and mental—that a properly fitting underwire bra can provide is truly remarkable."

■ Long-over-short proportions, such as a tailored long jacket and slim skirt, provide excellent camouflage for tummy, thighs and derriere. "Proportion is so important," says Donna Karan. "With all the new longer jackets, you need a short skirt that just skims the hem of the jacket. Wearing hose and shoes the same color as your jacket and skirt will give you a taller, leaner look." Another proportion formula that subtracts pounds: big over narrow, such as a big cabled sweater or jacket over skinny stirrups or leggings.

■ Style your clothes instead of just putting them on: Flip up a shirt collar, wrap a pullover around your shoulders or hips—just for the chic of it.

■ Shorten your skirts. Anything below the knee simply looks dowdy. "If you're concerned about your legs," says Karan, "wear all one color from waist to toe, including opaque tights."

■ Put color together in a more spontaneous, creative way. Pair fuchsia and red, orange and turquoise, hot pink and yellow, for a look that's trendy, or mix classic colors in new ways: a brown suede jacket with navy pants, a mossy green sweater. The positive reaction you'll get for being a bit daring will give you a day-long boost! ■

THE SKINNY ON DIETS

continued from page 120

not much risk below that point—particularly for women. So my advice is to lose a *little* weight—maybe ten or fifteen pounds.

■ **LHJ:** When I was in my twenties, I could eat anything I wanted—pizza, candy, ice cream—without gaining an ounce. But since I turned thirty, I've found my weight steadily creeping up. Why, and what can I do about it?

DR. PI-SUNYER: The metabolic rate—the number of calories expended when a person is at rest—slows down as we age. In fact, metabolism drops nearly 5 percent each decade after age twenty. This means that as we get older, we use fewer calories, though we often eat the same amount of food at thirty as we did at twenty. Lots of us also become more sedentary as we get older. To compensate for a lower metabolism and activity rate, you'll need to cut back on your food intake or increase your energy expenditure—or both.

■ **LHJ:** What are the best weight-control strategies?

DR. PI-SUNYER: Get the proper nutrition. About 55 percent of your total daily calories should be derived from complex carbohydrates—bread, cereal, vegetables, potatoes and pasta; no more than 30 percent from fat; and 15 percent from protein.

Practice portion control. Eat smaller portions instead of eliminating any food groups. The only foods to avoid are those that are high in fat or calories but low in nutrients, such as sugary and fried foods.

DR. SHAPIRO: Keep a best-foods/worst-foods list. Jot down all the high-fat, high-calorie foods you eat: peanuts, potato chips and cake, for example. Then make a second list of healthful, low-fat foods you're willing to eat—things like popcorn, fruit and low-calorie bread. (Cottage cheese may be a good food choice, for example, but if you're not willing to eat it, omit it from your list.) Then, every time you're hungry, make an effort to avoid the worst foods in favor of the best.

Read a comprehensive calorie book and you'll be equipped to review your options before eating. For instance, a large bagel contains up to 360 calories, while a similar-tasting bialy has only around 160. A ten-ounce serving of ice cream packs over 300 calories—the same as nine low-calorie popsicles. When fattening foods come to mind, counter them with smarter choices.

Finally, instead of viewing dieting as a punishment for overindulgence, know that you're giving yourself a terrific gift: a slimmer, healthier body

KEEPING IT OFF

■ **LHJ:** I know that on an ideal die more than 30 percent of your total ories should come from fat. But th tough if you have to grab breakfas the run and eat fast food a coupl nights a week. What can a busy m er do to cut back on fat?

DR. PI-SUNYER: With a little practice really *can* follow a low-fat diet, e on a tight schedule. It's all in what choose. A high-carbohydrate break can be eaten just as quickly as a h fat one. A bowl of whole-grain ce for example, is an excellent choi particularly if you use skim or milk. At lunch, don't use fast-food taurants as an excuse to eat f foods—head for the salad bar avoid those creamy dressings!). G places with more diverse menus, cluding broiled fish or chicken.

■ **LHJ:** I recently lost twenty pou but my doctor says that to keep weight off I have to exercise at l three or four times a week for hal hour or longer. Well, I'd love to. with a job, a family and a two-h daily commute, I haven't figured how to squeeze it in!

DR. PI-SUNYER: Many Americans are dened with too many responsibili But you also have a responsibilit yourself—to keep your body heal And that may require making the to work out. In fact, new research gests that exercise is the key to pe nent weight loss. Researchers at lor College of Medicine in Hou studied 150 overweight people found that those who dieted wit exercising seemed doomed to ga all back. Regular exercisers, on other hand, were very successfu keeping extra weight off for good.

If you can't find a free half h walk or ride a stationary bike fo teen minutes in the morning an teen minutes in the evening when you can. And on weekends, why use some of your free time for exer

If you're exercising simply to your heart in shape, it's enoug work out three times a week fo least twenty minutes at your ta heart rate. (To find this, subtract age from 220; take 60 to 85 perce the resulting figure.) However, if want to lose weight, you must co tently burn off more calories than consume; the length and intensi your workouts will depend on such tors as your age and fitness level fore beginning any exercise prog be sure to check with a qual health professional.

—NELLY EDMONDSON G

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GLENN CLOSE

continued from page 116

nomination should have gone to the lighting man. But I am most proud of *Garp* and *Fatal* and *Liaisons*."

MOVE OVER, MERYL

Prior to *Fatal Attraction,* Close says, filmgoers kept her at arm's length—despite her screen teamings with such popular male stars as Robin Williams, Robert Redford and William Hurt. "Audiences are comfortable with actors they can categorize, and they didn't know what to make of me," she observes. "With my Yankee background, I can be very compulsive and unspontaneous—traits that are not endearing. I haven't quite learned just to enjoy the moment. The public thinks I'm very controlled, and they're right: I'm much better at being vulnerable in front of a camera than I am in somebody's living room. But I'm working on it. Having a two-year-old child is a great help with that."

Not that she expects Annie Maude to loosen her up *too* much. "I'm not Cher," Close says. "I don't have star quality. Or glamour. When I'm not working, it takes too much energy to spend a lot of time on hair, makeup and clothes. I just don't care. My mom—whom I absolutely adore—is completely nonmaterialistic and raised me to have, you know, one good dress, one good pair of shoes. So it's a huge chore for me to figure out what to wear to the Oscars."

It's unlikely Close will get released from this chore anytime soon, as she continues to pursue the sort of commercially risky, artistically challenging roles that tend to garner Academy Award nominations. The trend began two years ago with her deliciously wicked Marquise de Merteuil in *Dangerous Liaisons* and continued through her turn as the hapless socialite Sunny von Bülow in last fall's critically hailed *Reversal of Fortune;* as Queen Gertrude in *Hamlet,* she's tackling one of theater's most difficult roles.

These days, Close is frequently compared with Meryl Streep—not just for her aquiline profile and white-on-white blondness, but for her masterly acting approach and versatility. What does Close think of Streep's work? She pauses to consider, one finger tapping her chin. "Meryl Streep has never made me cry. . ." she ventures softly. "Oh, I've always been dazzled by her, of course—she's a brilliant, *brilliant* technical actress. But you see, I think the actor is a kind of magician who must make audiences *believe* so that they get emotionally involved and surrender themselves. When I'm in the audience, that's what I seek.

"Acting for me is concentration," Close continues. "For *Hamlet,* we were shooting the funeral scene in the crypt the other day, and Mel Gibson said, 'Glenn, you seem to be able all of a sudden to just—*cry.* I can't. How do you do that?' I told him that I use my imagination to think of what that character would be thinking. I greatly respect the character—it's almost like meeting another human being."

Close also respects megahunk Gibson, who, with *Hamlet,* is taking a major creative risk himself. "He's serious about the work," Close says. "I'm very impressed. At first everyone said, '*Gibson*—oh, for God's sake!' Then he phoned me from Europe and said, 'They're laughing at me over here, but screw 'em.' Which I thought was a great attitude when you're biting off Hamlet. Mel claims he's a barbarian tackling the Bard."

Gibson, at thirty-five, is only eight years Close's junior. But she insists that the slim age differential isn't a problem. "I'm playing Gertrude in her mid-thirties," she explains. "I figure she bore Hamlet at around fifteen, so that he's about twenty—though Mel does look older than that. But our being close in age helps me to play Gertrude because she's a very sexual person—and there's that incestuous, oedipal thing between them: She touches and strokes her son a lot."

A CLOSE-KNIT FAMILY

Hamlet was the fourth film Close completed in 1990. In *Sarah, Plain and Tall,* a TV movie set to air in February, she plays a mail-order bride in Kansas at the turn of the century, and in *Meeting Venus,* due out this spring, she's cast as an opera diva (with her singing dubbed by real-life diva Dame Kiri Te Kanawa). "After *Fatal Attraction,* I thought I'd be getting all those knife - wielding - psychopath scripts," she says. "But not at all."

Offscreen, meanwhile, Glenn is concentrating on raising her daughter. Her no-nonsense style of parenthood comes to the fore during a break in filming when, on a picture-perfect day in the English countryside, mother and daughter are riding at a stable. While on her pony, being corral walked by a groom, Annie—who' wearing a helmet—suddenly slip from the saddle and falls, headfirst She hits the ground with a heart-stop ping thud.

Close gallops over, dismounts an quickly embraces the stunned child then hoists her back onto the pony Annie never cries. "She's all right," Close whispers, then jumps back ont her horse and shouts "giddap!" It' pure Yankee pride in action.

"Only Annie's dignity was hurt," Close says later over lunch on the sun lit terrace of her rented house in Asco "No broken bones—I could tell. Sh might have wanted to cry, but she *re fused* to. I've always given my daugh ter a lot of respect as an individua People can be very condescending wit children in the belief that they don' see or hear or feel as we do. But the are *very* aware."

Now that she's in mid-life, are mor kids in the offing? "John and I are stil trying to have another child," she says "I'll be very lucky if I do. We'll see."

After *Hamlet* opens, Close an Starke plan to retreat with Annie for rest at their just-purchased 1904 clap board farmhouse in upstate New York

"*Fatal Attraction* delivered a real catharsis in my life," says Close.

"I couldn't *wait* to show everyone that I could be sexual.

Close recently sold her homes in Lo Angeles and Manhattan to focus mor on home life and country living. "Joh comes from a wonderful, big family– lots of kids," she says, "and my idea o heaven is having all the Starkes ove and having a bed for everyone."

Is she happy at last? "I'm more i harmony with myself, which make life easier," says Close. "I mean, yo work, you struggle for years, you b lieve in yourself. You try so hard—I' do *this.* I'll do *this.* Always thinking the future, scrambling for a chanc Then success does come, and you rea ize that a lot of that struggle was u necessary because it was out of you hands anyway."

She holds onto her sun hat an waves off a buzzing bee that has di covered the lunch. "There's so muc we don't control in life, y'know?" sh says, laughing. "And that can be kind of comfort. Chaos is basically th state of things. I've always felt ver lucky at knowing what I wanted to b and being able to have success at it."

Clearly, for Glenn Close, out of cha os has come contentment.

Cliff Jahr is a contributing editor Ladies' Home Journal.

ROSEANNE

tinued from page 113

ck. The year began with her well-olicized wedding to comedian-ned-sitcom-writer Tom Arnold, and n the two were making bigger idlines by the week. There were abbles with the show's writers and ducers, followed by assorted stormy ts. To the bride's dismay, soon after wedding the tabloids published n and Roseanne's love letters. Rose-ne alleged they were stolen and ked up her accusation with a law-t in excess of $70 million. Next Rose-ne committed a real gaffe riot: an key, bump-and-grind rendition of national anthem that had even the sident seeing red, white and blue. d then, to top it all off, her top-ked sitcom began to slip slightly he ratings last fall.

But that was *last* year. (And let's not n talk about 1989, when the pair de public displays of very private toos, Tom admitted to cocaine iction, and her ex-husband filed a million suit against her, claiming was entitled to one half of all earnings. Then her fourteen-year-daughter went into treatment for hol abuse and it was revealed that teenage Roseanne had given birth n illegitimate daughter.)

low, however, she vows to get her in order. Roseanne says she's rned from her mistakes and she's e that the new year is going to be ch better. In fact, she's even made ne very ambitious resolutions. Don't ect, however, that she's going to ome a bore. As she's the first to nit, "I still want to go out and raise l. I know me, and I'll probably have go out there and do something out-eous again."

Until that time, here's Roseanne's w Year's roster:

I'll take lessons before ng again

eanne still can't believe the furor t followed her raunchy performance ack Murphy Stadium in San Diego, ifornia, last July. As she tells it, was simply trying to have a little for Working Woman's Night by bbing at her crotch and spitting on ground in imitation of all macho yers who do the same. What about t version of "the Barr-Mangled ner?" "I had the best of inten-s," she says. "Most people don't n know the words to the song! I cticed it a lot. I'm not Barbra Strei-d, but I have an okay voice.

But when I got there, well, first I n't know there would be a horren-s echo like that. I had to plug my ears to do it. Then they started booing, like, three notes into it. By then, it was like, 'I'll just do the best I can. I'll just go loud and big.' "

From their boos, it was clear that the crowd wasn't ready for the shrill of it all. Neither was much of the TV audience. "Thousands of letters poured in from angry people saying I'd defamed the nation. I'm sorry that people were so horrendously offended. But if that's the worst thing you've ever heard, your life has been pretty damn easy!"

Despite all the fallout from the episode, Roseanne claims that she has had several offers to sing the anthem again. "But I don't want to exploit that horrible aftermath," she insists. "That was really hard on me, I have to say. It was really horrible. I never want to live through anything like that again.

"I can sing. I sing in my act now. And I probably will sing the anthem again. But I'll take singing lessons before I do!"

2. I won't show my tattoos in public anymore

Roseanne and Tom had been close friends for six years before she turned to him for support as her marriage crumbled. Eventually, the friendship turned to romance. When that happened, "life seemed like a big party," says Roseanne. "We did whatever we thought was funny."

Those wild days are over, the couple claim. First on the list: keeping their tattoos under wraps. (Roseanne has two: a rose on her left shoulder with "Tom" stenciled below it, and another on her right hip ["Property of Tom"]—which she unabashedly flashed to baseball fans at the 1989 World Series in Oakland, California.)

The newlyweds haven't been separated for more than a few hours since their wedding last January. "It's really cool how much we enjoy each other," she says. "We say we can't be apart till our first anniversary. We're intense buddies." They often dress alike ("Yeah, we're real geeks about that," Roseanne jokes) and call each other "Honey" and "Pooh." Roseanne's favorite place: in Tom's lap, with arms draped around his neck.

Tom explains their constant affection is making up for lost time. "In the six years we were friends, she almost never hugged me. I saw her hug everybody—her kids, her other friends. Now I know it was all part of repressing what we really felt."

Yet all is not pure bliss. Roseanne says they "fight all the time. He thinks I'm real manipulative. I get mad at him because he doesn't use a lot of tact. But I don't have a lot of tact either."

Together they're also fighting some tough battles. Tom is a recovering cocaine addict struggling day to day, and Roseanne is grappling with her own co-dependency. "To keep getting better, to keep getting stronger—that's my main resolution," insists Roseanne, "to stay in recovery."

The recovering life is often a quiet one; Roseanne says that Tom is often asleep by 9:30. "We're still going to have fun," Roseanne says, with a smile. "We'll just have fun in a much more responsible manner. That means you don't go out and purposely shock people." Then she can't resist adding, "Hey, but when I have grandchildren, I'll have great stories for them."

Randy Harmon

ROSEANNE REVISED: THIS YEAR THE TV STAR SAYS SHE PLANS TO BE POISED, POLISHED AND POWERFUL

3. I'll try to have another baby

As early as their wedding day, the couple talked about having another child. Although Roseanne, thirty-eight, is raising three kids of her own, thirty-one-year-old Tom is eager to be a father for the first time. Roseanne would like to become pregnant, although the two are cautious about discussing it because of her family's reaction. "The kids have different concerns," says Tom. "They don't see it like we do, that another child would be great. They're thinking, This child is going to get some of my stuff, some of their mom's attention."

4. I'll be a stricter mom

On-screen, Roseanne doles out discipline and love in equal doses to her two teenage daughters *(continued)*

ROSEANNE
continued

and younger son. In real life, she admits that her three kids—Jessica, fifteen, Jennifer, thirteen, and Jake, twelve—were rarely reined in.

With Tom's help, that's changing, she says. Last year the kids were not even required to attend school. Jake missed forty days and Jessica missed thirty. This year, Jake missed only two days and got a math award. Jessica made straight A's last semester, and Jennifer skipped a grade. "I kind of brought law and order to the household," says Tom. "I'm the new sheriff. I don't think there was an old sheriff. I had to make a choice, to be their buddy or their stepfather. That was the day they had to go to school."

Roseanne is pleased with the new order. "I found out . . . you gotta have some structure. If not, when kids rebel, they have to rebel against everything. If I'd had some structure, then they could have just rebelled against that structure rather than all life. I was real hippie-ish. I thought, They know how to be kids, just hang loose. But no kid is old enough to know what's good for them. They love Tom. He's a great parent. He's tough and he's fair, and so am I now. I like that I have so much support. Tom backs me up. He makes sure I don't waver."

Still, the rule of law is not always easy to maintain. "The kids. . .they're all like me!" she laughs. "They don't take no for an answer."

Now that she's known everywhere, does she worry that her kids will be overwhelmed by her fame? No way. "My kids have had strong identities since the day they were born," she says. "I've only been famous about five years, so they had a long time before that. Mostly, it was hard for them to make an adjustment, to come into a different world, as it was for me."

To help ease the transition, Roseanne's entire family is now in therapy. "I don't think we'll EVER be a normal quiet family," she says. "We have aspects of that when we're at home. But this is who we are—we're comics and we're geeks. All comics are geeks. We'll never be boring. We're not going to ever live lives of quiet desperation. Ours are lives of very loud desperation! That's who we are, that's why we're in show business."

5. I want to be more like Lucy

Roseanne says she was inspired by comedienne Lucille Ball more than anyone, and now she's even going to look like Lucy and dye her auburn hair red. "I always wanted red hair, all my life.

"Sometimes I say to the writers, We've got to be more Lucy-ish. Lucy is a comic's comic. She was absolutely the greatest, male or female. We need some peril, something to overcome, because that's what's more funny."

Roseanne met Lucy once, at a benefit where she performed. "She was sitting in front. Lucy was just laughing, ROARING! She really got it."

The memory suddenly turns sour, as she remembers a quote that was misinterpreted a few years ago. She said it bothered her when Ricky spanked Lucy on the show and wouldn't let her sing with his band. "It was really disturbing. Somehow they manipulated it into saying that I didn't like Lucille Ball. That always has hurt me a lot."

When Lucy was sick, before she died, Roseanne sent her some flowers and a note. "I wish I could have told her face-to-face that I always thought she was the most awesome. Nobody's as great as Lucille Ball."

6. I won't get too skinny

One resolution Roseanne's not making: to get thin. She wouldn't mind shedding a few pounds; she's been working on it by avoiding sweets and drinking powdered diet mixes. But hey, it's no big deal. "Being fat doesn't mean you feel good about yourself, but neither does being skinny. There's way too much hatred of fat people," says Roseanne, who, despite her bravado, won't disclose her weight. "Fat doesn't mean you're ugly, it just means you're fat. I'm damn good-looking as I am."

7. I'm getting out of La La land!

Roseanne HATES L.A. with a passion. Reasons? "The people going through your garbage. People calling your house. Out here everyone's real bitter; they're sure they'd have your job if it wasn't for you."

Where would she rather live? Roseanne wants to move her show's production to Minneapolis, but since she has a seven-year contract to fulfill, that probably won't happen until 1993. Why Minneapolis? "They don't have any gossip people there," she explains. "Of course, they [the tabloids] would probably move some out there. The people are different. That's the major thing. Out there, they're just people. And you can drive down the damn street going faster than two miles an hour." Not to mention, she says, that rock star Prince, who lives there, once told her that he can go anywhere in public without being bothered. "If Prince can do it, I can do it," she says hopefully. She's now looking for a house there, as well as a country retreat. "I want a farm in Iowa, too."

But is Rosie really ready for the country? "Yeah, I was always that way, real earthy. I always had ga dens," she explains.

8. I'll make it in the movies

Small-screen stardom is definite not enough for Roseanne. She wants direct and star in a movie; she's a ready writing the script. "I want to Woody Allen," she says. "Me, bett than anyone else, knows my characte my talent. I don't want to give up co trol. It's the best way to do everythi I want to do."

The movie part she would most li to play? A violent, angry woman: mo deranged, menacing and frighteni than the one she played in last yea critical flop *She-Devil*. Or, on the fl side, someone childlike and innocer (She's the voice of Julie, Bruce Willi little sister, in *Look Who's Talkin Too*, due out at Christmas.) Best of a an innocent-looking mass murdere "Yeah, that would be AWESOME. woman two steps over the edge. B I'll probably have to write it myself.

The trouble is, Roseanne wou rather take her summers off the days than make a movie. "The kic they're not going to be with me t much longer, "she explains philosophi cally. "I don't like working year-roun It takes time out of your real life. T part would have to be great to mai me want to give up my summer."

9. I won't let writers turn me into ALF

From the very start, the set of *Ros anne* was in turmoil, with consta arguments between Roseanne and t show's executives. Halfway throu the first season, the executive produ er and director left the show. Then, the second season, the new executi producer, Jeff Harris, quit and took h revenge by taking out an ad in t trade papers saying he was leaving t show to vacation in a calmer, mo relaxing spot—like Beirut. More r cently, several writers took their lea and were replaced with friends fro the comedy circuit. The reason, accor ing to Roseanne: She wanted her cha acter to be more than just a wisecrac ing fat woman.

"She's real big," explains Roseann "but underneath the bigness is a re fragility. She's big, but she's vulner ble. Because that's how I am, tha how anybody who's big like that is felt they were writing it one no They'd ask me to go behind the cou and bark out one-liners like ALF."

Ex-writers and producers reported have said that Roseanne's real obje tion was that Tom was not given t clout she thought he deserve Roseanne argues that they didn't u derstand that she was *(continue*

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ROSEANNE
continued

trying to better define the character. "They acted as if it was some star-treatment thing I wanted. I continually pointed out that I wasn't asking for more money or a bigger dressing room. I wanted plot points. They would go, 'Oh man, she's on a huge star trip.' Also, I always said they were not used to being in a room with a woman who didn't serve them coffee."

10. I'm going to defeat the tabloids

Roseanne is a rumormonger's dream. Did she really put her ex-husband under a voodoo curse, as the tabs tattled? Did Tom hit her with a bottle in a drunken rage? Roseanne says these reports are laughable, but that's not why she's taking this legal action against the *Star* and the *National Enquirer*.

According to Roseanne, here is what the suit is about: "They *stole* our love letters," she says, her eyes still wide with indignation. "We're very angry that they PAID someone to steal our love letters. It's so sick. They pay a whole network of snitches to go through celebrities' garbage, to get into their homes and steal things. It is real scary. To be the object of it is real scary. I'm hoping to shut them down with this."

Roseanne is not alone in her crusade. Other stars are also taking the tabs to court; Elizabeth Taylor recently filed a $20 million libel suit against the *National Enquirer* for falsely reporting that she was suffering from a disfiguring disease and was drinking while hospitalized for pneumonia. "We're celebrities, but we're also Americans," says Roseanne. "It doesn't feel like America, with people spying and going through my garbage. It feels like some totalitarian regime."

Sounding every bit as feisty as her sitcom alter ego, Roseanne Conner, the real Roseanne says she's a popular target "because I'm outspoken. Because I don't weigh 110 pounds. But mainly because I'm a woman and I have power. They've got it in for any woman who has any kind of power. They have to run right in there, make her look crazy and out of it."

Still, she's bemused by the attention. "This kind of investigative reporting—shouldn't that be reserved for the President of the U.S.? Those people in Washington have a thousand times more skeletons than I do. And those people can blow things up! I'm just an entertainer." An entertainer she most certainly is—but not one that any of us—including the tabloids—will ever be able to ignore. ■

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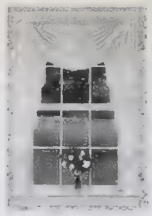

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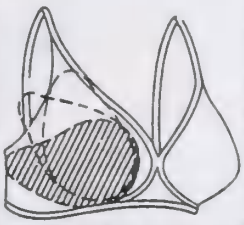

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OUT OF THE MOUTHS OF BABES

Our five-year-old recently had chicken pox. He was complaining about the itching, so—armed with cotton balls—I approached him with a bottle of pink calamine lotion. Looking disappointed, he backed away and said, "Mom, doesn't that stuff come in a color for *boys*?" *—Debbie Butler, Alexandria, VA*

I was watching *Sesame Street* with my two-and-a-half-year-old grandson when Bert and Ernie came on. For my grandson's benefit, I waved at the screen and said, "Hi, Bert! Hi, Ernie!" Eyeing me puzzledly, my grandson said, "It's TV, Nanny. It's only make-believe!" *—Jan LeWinter, Manalapan, NJ*

My four-year-old nephew returned home from nursery school and announced he had a girlfriend. He wanted his parents to meet her parents. "That sounds serious, Allen," his father said. "Are you thinking of marriage?" Allen replied, "No. Cake and ice cream." *—Olivia M. Nichols, Dallas, TX*

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Mark Thomas

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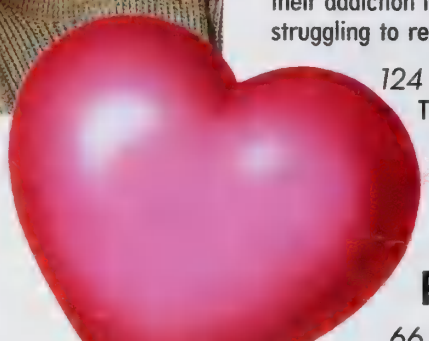

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Cover photo: Field, Aaron Rapoport/Onyx; hair, Victor Vidal for Cloutier; stylist, Pauline Leonard for Cla Insets: Goodman, Rob Brown/Onyx; Charles and Diana, RDR Productions. Photos, this page, from top: Machnik, Michael Kozmiuk, C. Cutler/ Globe Photos, Vinnie Zufante/Star File.

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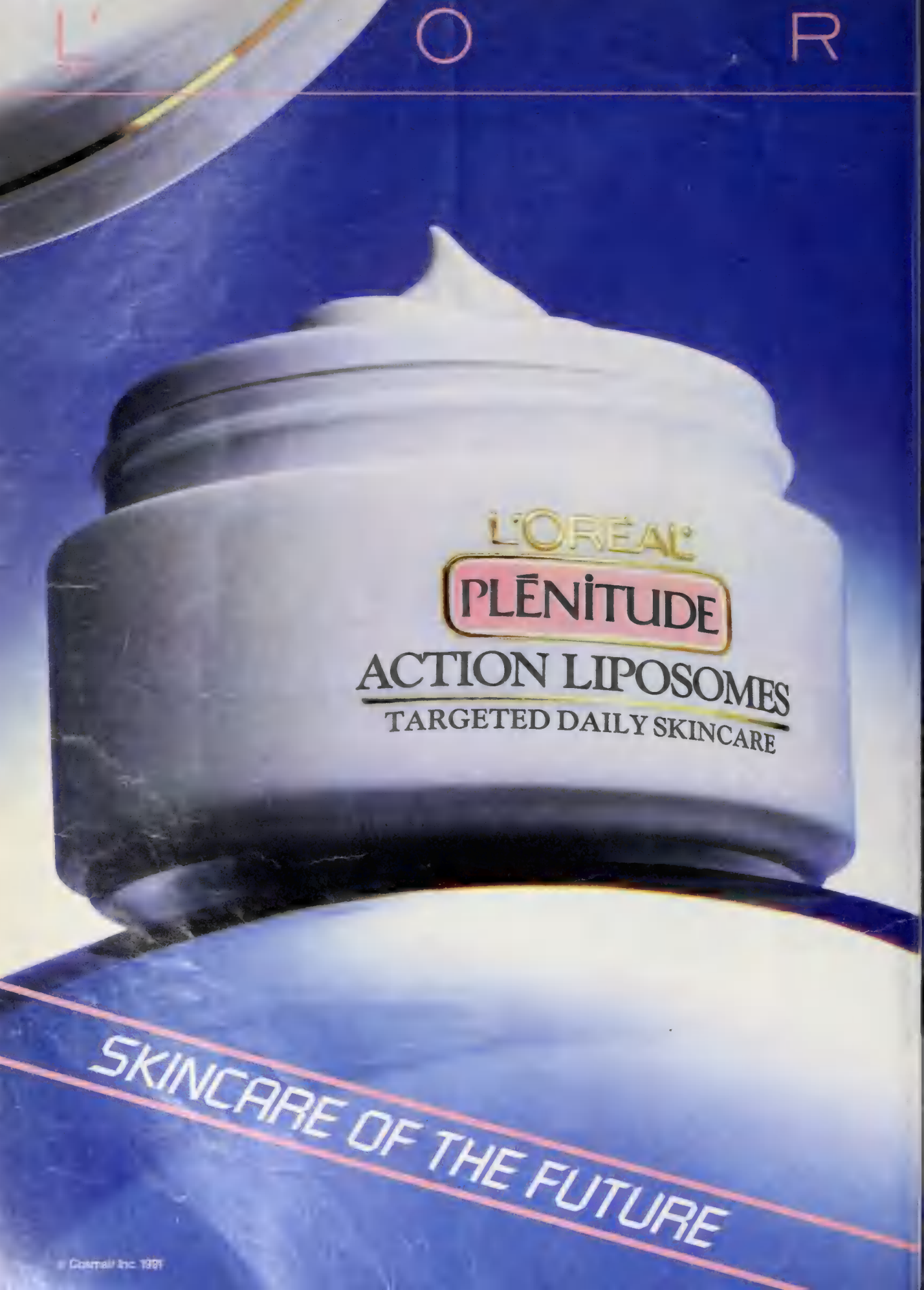

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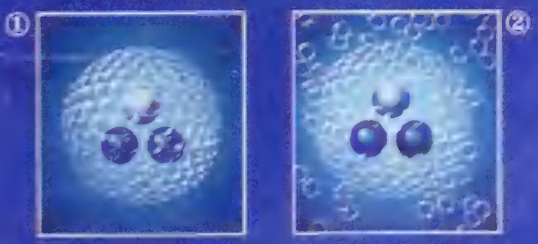

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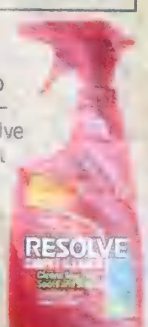

Take away the worry, take away the stain. Take out Resolve.

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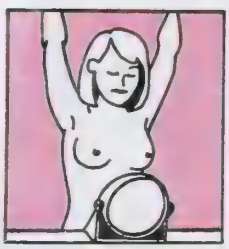
EDITOR'S JOURNAL

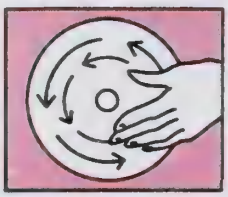
BE GOOD TO YOURSELF

By Myrna Blyth

Recently a good friend of mine was diagnosed with breast cancer. That same week I heard about the wife of a colleague, and a friend of a friend, who also have this disease. Some medical experts are now using the word *epidemic* about breast cancer, which strikes one in ten American women. Fortunately for my friend and these two other women, the prognosis is good. Today there are a variety of treatment options. Today a woman is an active participant in her care. More important, breast cancer is no longer a silent, shameful terror. But why am I writing about breast cancer in this month of hearts and flowers? Because I believe taking care of yourself is a way of really showing love both for yourself and for the man in your life. I know you have read the following instructions many times before, but this time I want you to read them and *follow them*. Please do this for yourself and the people you love.

At every age, examine your breasts monthly a week after your period ends, using these guidelines: From puberty to age forty, have a breast exam by your doctor at least every three years and a baseline mammogram between ages thirty-five and thirty-nine (the doctor should keep a copy of the findings with your chart). From age forty to forty-nine, have an annual breast exam and a mammogram every one to two years. From fifty on, have an annual breast exam and mammogram.





IN THE SHOWER: Fingers flat, gently slide your hands over every part of each breast, using your right hand to examine the left breast, your left hand for the right breast. Check for any lump, hard knot or thickening.

BEFORE A MIRROR: Inspect your breasts first with arms at your sides, then with arms raised high overhead. Look for changes in contour of each breast, swelling, dimpling of skin or nipple changes.

LYING DOWN: To examine right breast, put a pillow or folded towel under right shoulder and place right hand behind your head. With left hand, fingers flat, press gently in small, circular motions around an imaginary clock face. Begin at outermost top of right breast for twelve o'clock, then move on to one o'clock, and so on around the circle. Move in an inch toward the nipple, and keep circling to examine every part of your breast, including nipple, making at least three more circles. Repeat procedure on left breast. Or examine breasts vertically, moving fingers in an up-and-down pattern. Report any changes immediately to your doctor.

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CAN THIS MARRIAGE BE SAVED?

"MY HUSBAND IS A LOSER"

Richie tried, with little success, to make a go of his business, and Laura was tired of being the breadwinner. Can a marriage last when a wife sees only her husband's faults and none of his strengths?

By Margery D. Rosen

LAURA'S TURN "I can't believe I'm saying this after seven years," said Laura, thirty-three, her green eyes downcast, "but there's so much wrong, I don't know what to talk about first.

"It's funny . . . when I was growing up, I never thought I'd get married or have children. I was raised in a small town not far from where we live now. My father was a factory foreman; my mother was a country schoolteacher. But my parents divorced when I was five, and my dad remarried soon afterward. I didn't get to know him until I was in college.

"Mother remarried, too, when I was nine or ten, got divorced, then remarried the same man when I was in high school. She always had this woe-is-me attitude — and I didn't make her life any easier.

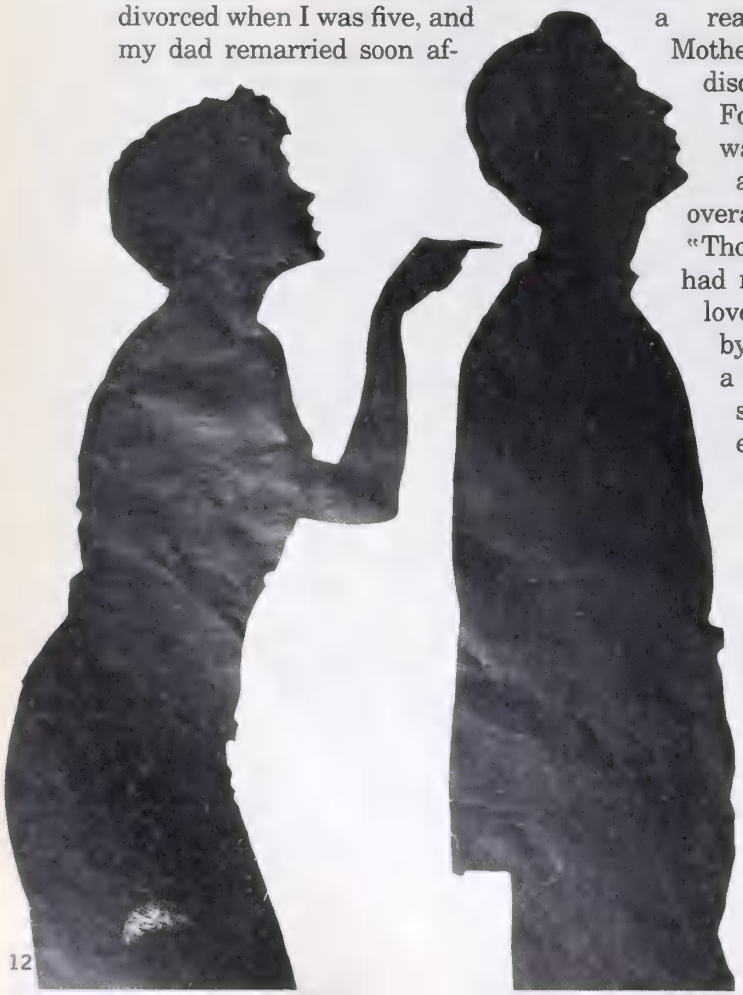
"I was a bratty, sassy kid who talked back a lot. Now that I'm a parent—our daughter, Stephanie, is three and a half—I see that I could've turned out to be a real delinquent. Mother just never disciplined me. Fortunately, I was a bright kid and an extreme overachiever.

"Though I never had many friends, I loved school, and by the time I was a junior in high school, I knew exactly what I wanted to do with my life. I wanted to study hospital administration. After college, I moved back home and lived with my sister and her husband until I found a job and my own apartment.

"I'd known Richie casually; we hung out with the same crowd, and after a while, we started dating. Richie had just opened his own business—he runs a small store that sells magazines and novelty items like T-shirts and posters. He's friendly and easygoing. I don't know anybody who doesn't like him. He loves to go dancing, to parties. He taught me to play racquetball and ride a bike. And he's very romantic. After two years, he asked me to marry him on New Year's Eve.

"After a beautiful wedding and two romantic weeks in Mexico, we came home. Almost right away, things seemed to go wrong. For instance, I'm a very neat person. I also like to be on time, whether we're going to church on Sunday or out to dinner with friends. But being neat and on time is just not in Richie's nature. If I ask him to put away the laundry or fold the towels neatly in the linen closet or make the bed, he calls me a nag.

"Now that we have Stephanie, I barely have *(continued)*



Introduced thirty-eight years ago, CAN THIS MARRIAGE BE SAVED? is the most popular, most enduring women's magazine feature in the world. This month's case is from interviews and information from the files of Patricia Kelley, Ph.D., a clinical social worker in private practice in Iowa City, Iowa. The story told here is true, though names and other details have been changed to conceal identities. CAN THIS MARRIAGE BE SAVED? is a registered trademark of Meredith Corporation.

The Purex Wash Cycle.

The Oxford Cloth Shirt
circa 1952

Came in a wide variety of colors including white, white and white.

The Poodle Skirt
circa 1958

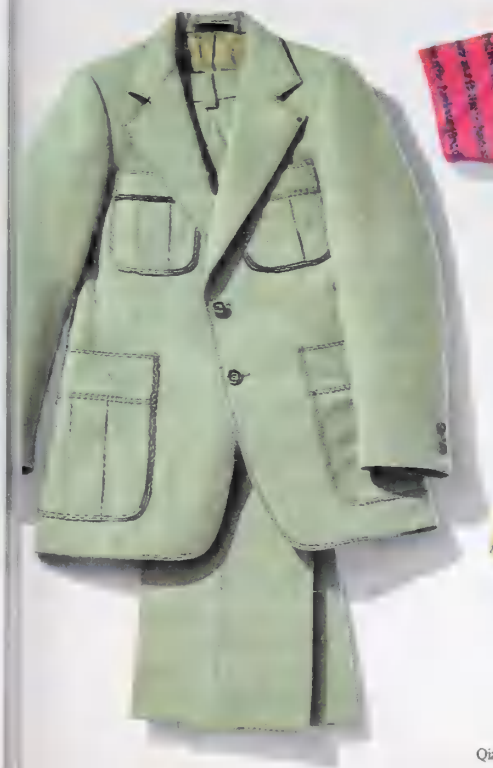
Just because it had a poodle on it didn't make it man's best friend.

The "Feelin' Groovy" Ensemble
circa 1968

Frequently accompanied by peace sign necklaces, sandalwood incense and Eastern thought.

The Polyester Leisure Suit
circa 1974

Often seen with Qiana® shirts and an array of alluring gold chains.



Neon Jams
circa 1989

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Because clean never goes out of style.

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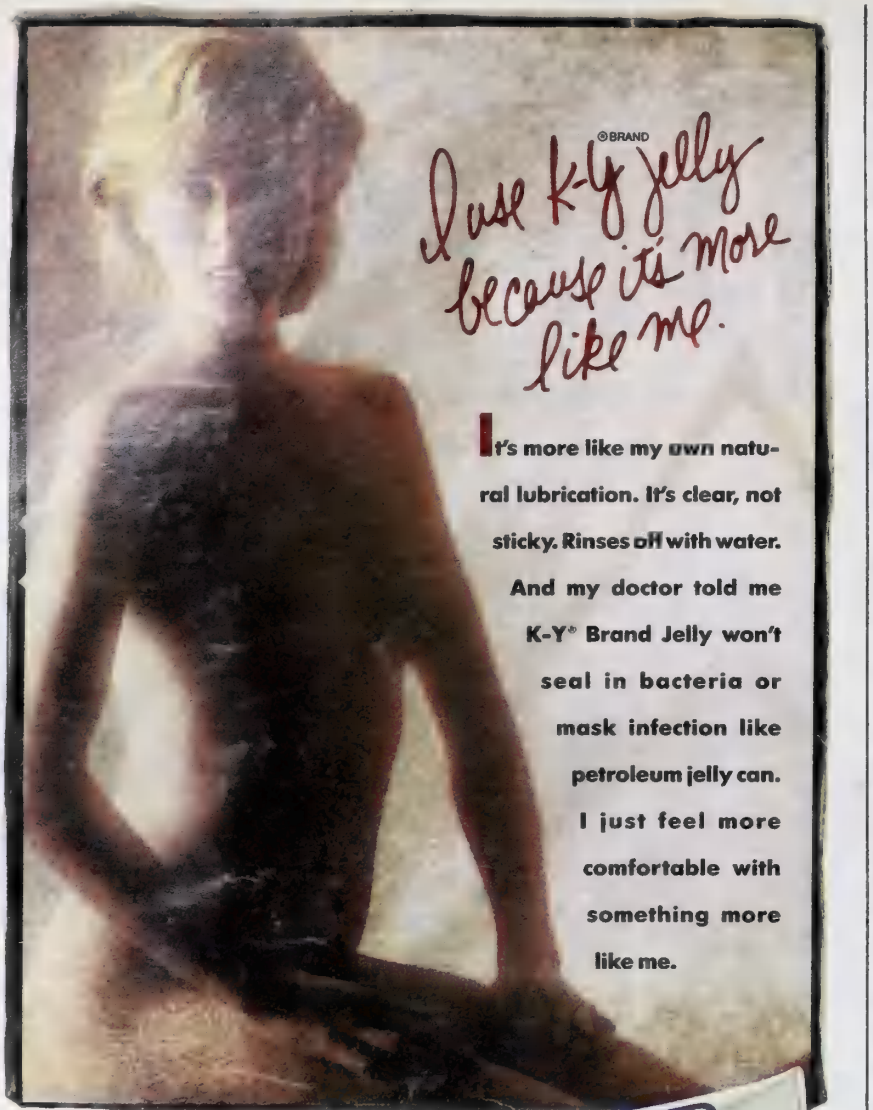

CAN THIS MARRIAGE
continued

a minute to myself. I rush from work to pick up Stephanie at the sitter's or at my mother's house, rush home, then try to make dinner with a hungry child underfoot. Finally, we sit down, and Stephanie inevitably knocks over her milk cup or has a fit because I mixed the raisins into her yogurt instead of leaving them on top.

"Richie is a wonderful father—he has infinitely more patience than I do. But I resent it when he accuses me of not spending time with my daughter. Richie can't understand that I have a tremendous amount of responsibility at work. I manage a hospital. I can't leave just because it's five o'clock.

"This is going to sound awful; I don't want you to think I'm some sort of intellectual snob, but I get crazy when Richie walks in the door, makes a beeline for the television and spaces out on reruns of *The Andy Griffith Show*. Can't he pick up a book or watch something educational? Can't he listen to classical music once in a while?

"I know many of our problems stem from Richie's failing business. He's tried hard to make it all work, but in the last three years he's expanded so much he can't make his bank payments. And he can't go on taking money from his folks to keep things afloat. For all intents and purposes, I'm the breadwinner in this family.

"On top of all this were two other crises. My father died of a heart attack last year. We had finally developed a relationship, and I was devastated by his death. This happened one week before I was scheduled for surgery.

"For months I'd been having terrib abdominal pains, and doctors final diagnosed Crohn's disease, a seriou inflammation of the bowel. There's n cure, but anti-inflammatory medic tion can help. I was on prednisone, bu it didn't help enough, so they were g ing to remove part of my bowel. I d layed my surgery for a week so I coul go to Dad's funeral, and though I no feel physically better than I have in long time, I'm very depressed.

"Meanwhile, Richie and I were drif ing farther apart. Our sex life becam nonexistent. Even in the beginnin this was a problem because Rich wanted to make love constantly, an though I like sex, I wasn't intereste in doing it every night. Now, forget i We can't say anything to each othe without one or both of us becomin enraged. And Richie can be very crue once he even threatened to take Stepl anie away from me, but I neve thought he'd do it.

"Last Memorial Day weekend, wanted to take a wreath to Dad grave and spend some time there b myself. Richie couldn't understand. went anyway, and I guess the afte noon did run away from me. I didn get home until dark. Richie and Stepl anie were gone. I drove around lookin for them, to no avail. By the tim Richie returned, late Sunday night, was frantic. We got into an ugly figh pushing and shoving each other, an at one point we actually had a tug-o war with our child between us. Richi lost his balance, fell down the step and sprained his ankle.

"Things got so out of control, Richi called the police. Neither of us kne that Iowa has a law that if the polic are called in a domestic abuse cas when a person is injured, someone ha to go to jail.

"So Richie volunteered to spend th night in jail, and when he returned th next morning, I told him to leave. He been living with his folks for tw months. I suggested we come for coun seling, though in my heart, I think it' take a miracle. But I hated growing u with divorced parents, and I owe it t my daughter to make this work."

RICHIE'S TURN "I love my wife an daughter very much, and I want thi marriage to work, too," said Richie thirty-seven, a tall, well-built ma who appeared drawn and haggard.

"I want a family like the one I knew growing up. You don't realize how fo tunate you are when you're younge my kid sister and I never saw our pa ents fight at all. The one bad thin about my childhood was that Dad go transferred a lot. He worked for chain of hardware stores. They kep

putting him in charge of the worst ones. He'd turn them into real money-makers, and then they'd move him again to another store.

"Anyway, with all those transfers, I must have gone to ten different schools. Laura thinks I make friends easily, but she doesn't know the half of it. There's stress in leaving old friends, trying to get accepted in a new crowd. But yes, I do like being with other people, and that's definitely one of our problems. Laura never wants to do anything anymore except work.

"I tried, but unlike Laura, I never did well in school, in sports or in any outside activities. It always seemed that I could never be number one in anything. After high school, I went to a local two-year college, studied business management and took a job with my dad's company. It seemed like a natural choice at the time, but I got frustrated with all the rules and the transfers. I didn't want the kind of life my dad had, so I quit.

"One day a friend called to say he was selling his business, a small store here in town. I looked at his accounting books, and everything was in order, so I bought him out. A few months later I decided to expand; I added posters, T-shirts and gift items. I was doing fine for a while, but then things took a downward turn. The economy is bad everywhere, but I don't know . . . I just started piling on this huge debt. I went in the hole so far that I'll probably be paying the bank everything I make for the next five years. It's not easy to get motivated when you're facing something like that.

"But the truth is, we don't have a life together anymore. I don't know why she can't take an hour out to play racquetball, which she loves. If I suggest anything, like leaving Stephanie with her mother and maybe going out to dinner or to a movie, she always says she has to work. For months, it's been obvious that she can't bear to be in the same room with me. If I try to touch her, she shrugs off my hand or rolls over in bed and faces the other way.

"This has been a rough year for Laura—her dad's death, her illness. I try to be sympathetic, but she seems so angry all the time. I know she's thinking, Why me, God? Why did I have to marry this loser?

"But you know, everybody feels their own problems are the heaviest. I need some support, too. Instead of talking about it, she nags. The business with the towels is a perfect example. Who cares which way the crease is facing? And you want to know why I never make the bed? Because Laura always criticizes the way I do it.

"She criticizes Stephanie all the time, too. Kids make messes. They put their spoon in their milk cup, and sometimes they spill it.

"Anyway, last Memorial Day weekend was a disaster. I figured, finally, we'd all get to spend some time together. We'd talked about going up to the lake and staying at a motel. But Laura said she had to visit her dad's grave first; then she disappeared for the day. I got really mad, put Steffie in her car seat and drove to the motel anyway. I did leave a message on the answering machine about where we'd be, but Laura never checked.

"When we got home Sunday night, Laura's face was tight and her eyes were glaring. I asked where she'd been, and she told me it was none of my business. That's when I hit the roof, and I told her she was neglecting me and her daughter.

"Well, Laura started screaming at the top of her lungs and kicking me. She told me I wasn't a man, that I couldn't take care of anything. I tried to calm her down, but she just kept on. I figured if I called the police, they'd calm her. I didn't know what else to do. I had no idea that someone would have to spend the night in jail. I volunteered to go.

"These past two months, *(continued)*

(continued) I've been at my folks' house, but being separated from my family has been terrible. When Laura suggested we see someone, I said fine. But after what happened over Memorial Day, I don't know if anything can help us."

THE COUNSELOR'S TURN

"When Laura and Richie came to see me, my initial impression was that their marriage was over," said the counselor. "Nevertheless, this couple was committed to trying to work through problems. My goal was to help them clarify the issues that were dividing them and then make specific suggestions for resolving their conflicts. To do this, I used a form of counseling called systemic therapy, which is fairly brief and focuses on relationship patterns as well as how outside stress can magnify problems.

"Before we could begin, however, Richie and Laura needed to talk about the episode on Memorial Day weekend . . . which had frightened them both. While I take family violence very seriously, I did not sense that this was a typical case of abuse. Rather, the pushing and shoving stemmed from a buildup of tremendous stress on both their parts. I told them I did not believe that either was violent by nature, and I did not think it would happen again. Reassured, they were able to proceed.

"Laura and Richie were afraid that they were so different, they couldn't possibly make their marriage work. I explained that many people fall in love with someone because of their differences, to complement themselves or help them develop a part of themselves they feel is wanting. Unfortunately, Laura and Richie had grown to resent, instead of appreciate, those differences.

"To help, I drew a simple genogram—I literally take a large sheet of paper and sketch a family map that shows three or four generations so a couple can trace patterns of attitudes, behaviors and relationships. For example, while Richie's family was close and involved, Laura's parents had divorced when she was young, and her mother, though remarried, was never happy and left her daughter to fend pretty much for herself. Laura had no model for a healthy, successful marriage. To cope with the chaos in her life, she became a supercontrolling, highly responsible person who tightly structured everything.

"Laura continued this pattern in marriage—something that Richie rightly saw as nagging and overbearing. What's more, Laura wanted desperately to be a good parent herself, but she didn't know how. Though she raged at Stephanie's mishaps, she was like her own mother—afraid to set appropriate limits for her child.

"Richie was also at a personal crisis point when I first saw him. A gentle, loving man, his self-esteem was shattered as he tried to cope with a failing business and a failing marriage. If Laura was angry and anxious, or if she bossed him around, he assumed it was because he was somehow deficient. He never learned to speak up and defend himself. Instead, he reacted in a manner referred to as passive/aggressive: He ignored what Laura said, which made her angrier.

"It helped Laura when I told her, 'The world is not your responsibility.' While she could control some things in her life, she couldn't help the fact that her father had died or that she had fallen ill. What's more, if she wanted to make her marriage work, she first had to relax her rules.

"At her job, Laura began to delegate responsibilities, so while she continued to work hard, she didn't stay late as often or go in on weekends. As director of the office, she was able to authorize the purchase of a new computer system, which also eased the backlog.

"However, I suggested to Laura that there was one area in her life where she needed to exert *more* control—and that was in the disciplining of her daughter. Stephanie needed a regular bedtime routine and other rules. Once she did this, she felt the times she did spend with her daughter were happier.

"I also wanted Richie to understand that when Laura ordered him to, say, fold the towels in a certain way, it was because she had a tremendous need for order and security in her life. I told him, 'It's her problem, not yours. But be sure to let her know that you don't like to be spoken to that way.'

"Richie had an opportunity to challenge Laura one weekend when they went to the mall to shop. Laura got annoyed that Richie had parked too far from the store. He turned to her and said teasingly, 'Laura, will it kill you to walk?' Laura immediately realized what she had done, and they both laughed.

"Richie did have a higher sex drive than his wife. While it's perfectly normal for a husband and wife to have varying needs when it comes to sex, in this case, sex was another area in which Laura could not relax. However, in time, she stopped trying to control everything, and she was able to enjoy sex more.

"In counseling, I try to help couples change their perspective and put a positive twist on something that they see as negative. For example, when Laura said Richie was weak and ineffectual, I pointed out the many ways in which he was successful: He was a loving and romantic husband, a wonderful father and good friend, a man who could enjoy the beauty and goodness of life. 'He's not lying around doing nothing. He is trying,' I told her. Likewise, while Richie saw Laura as a nag, I pointed out to him that she was a high-energy person, who also cared a lot about her family.

"Though money was tight, I suggested to Laura that it was critical—for her marriage and for her health—to find time to be with her husband and have fun. She enlisted a high school student to baby-sit once a week, and sometimes she asks her mother to help out. As she and Richie started spending time together, they realized how much fun they could have.

"Finally, I pointed out that it was unrealistic for married people to expect that their partners fulfill every need. Laura does need time to herself, and she now regularly takes one night a week to meet a friend for dinner or go to choir practice. Richie, too, spends time on himself. He's joined a support group of men under the guidance of a psychologist; they get together on a weekly basis at the local community center to talk about their feelings and problems.

"Richie and Laura stopped coming to see me on a regular basis after four months, though Laura still sees me from time to time to talk about her own issues. But there is no doubt in my mind that this couple has learned to make their differences work for, and not against, them." ■

"Everybody thinks their problems are the heaviest," said Richie. "I need some support, too."

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"I WAS A SPY FOR THE FEDS"

I'm not an undercover agent—I'm a housewife who never thought anything bad could happen on our block. But for more than a year, I helped federal agents keep tabs on my neighbor: a suspected drug dealer.

By Mary Dold*

Mary Dold is proud of the work she did for the government, but she still fears being discovered by the dealers she helped remove from her neighborhood

On a sunny spring afternoon, I stood nervously on my new neighbor's doorstep, holding a freshly baked apple cake. A pleasant, elderly woman answered my knock and invited me inside to chat.

After we'd said good-bye, I hurried across the street to my house, locked the door and called the federal Drug Enforcement Administration (DEA). "I got inside," I told the agent who was waiting for my report.

This may sound like the work of a professional investigator, but it isn't. I am a housewife and mother of two who lives in a quiet middle-class suburb, and I decided to help fight the war against drugs when it moved into my backyard.

In April 1988, the vacant house across the street from ours was sold, and it was soon clear that the new owners were no ordinary family. Day after day, my husband, Ron, our children, Kelly, ten, and Eric, sixteen, and I watched as a steady stream of cars came and went. Men and women hauled in trash bags, suitcases and laundry baskets piled high with clothing—but very little furniture. Who *were* these new neighbors?

Then one evening Ron came home and found our driveway blocked by several cars. Then later, a dark-haired man drove up in a Mercedes and introduced himself as Dan Romero, the new owner of the house. He explained that he was renting his home to a woman with two children and that the activity would soon settle down.

"But if this should happen again," he added, "please phone me before you call the police." His remark puzzled us. Why would we think of calling the police over a blocked driveway?

Days passed, and cars still came by at all hours. Workers installed iron bars on the windows—even the second-floor ones—then added a security screen and locks to the front door, and attached floodlights to the roof. The house was becoming a fortress.

My other neighbors and I agreed that something very odd was going on—but what? Surely not drugs—not here. Still, my suspicions were aroused. I called our local sheriff's office to report our neighbors' strange behavior, only to learn from Agent Tom Gates, of its DEA narcotics task force unit, that they were already aware of it!

Gates said that Darlene Smith, the woman renting the house, was awaiting trial on drug-possession charges. According to the agent, she was a major dealer who had about ten people *(continued on page 22)*

*All names have been changed.

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Ford

continued from page 18

working for her. She owned a beauty shop that law-enforcement officials believed to be a front.

The agent told me that Darlene was probably lying low until her trial, and he doubted she was actually using the house for drug activities. "What about Romero, the owner?" I asked. "Is he a dealer, too?"

"That's a new name to us," Gates said. "Look, it would be helpful if we knew who was there with Darlene. Would you be willing to watch the house and report some license plates to us?" Nervous but excited, I agreed.

During the next few weeks I jotted down license numbers whenever I drove by the house. At home, I hid in my second-floor family room, watching through the blinds with binoculars.

I proudly reported everything I'd seen: more than twenty-five license plates, rifles in the bedroom and men carrying plastic buckets and rolls of carpet—which might have been used to conceal drugs. But Gates told me he needed more proof. "We can't just rush in," he said. "Otherwise, we could blow the whole case. Be patient."

In May, Darlene was found guilty of possession and sale of methamphetamine and sentenced to a yearlong work-furlough program. She would be allowed to work, but at night she would stay in a detention camp while her mother looked after her sons.

A few days after the sentencing, Gates called to ask me if I would now help the DEA as an unpaid informant. And so I began working with DEA Agent Donna Stone, who had been looking into the assets of Darlene's drug business for more than a year. The DEA could seize vehicles suspected of being bought with drug money, and Stone gave me descriptions of the ones she wanted. I was to call her when I saw Darlene driving one of them. Stone asked me if I'd ever met Darlene or her visitors; when I said I hadn't, she said, "Would you consider going over there and trying to meet Darlene? You know, just welcome her to the neighborhood."

That was how I ended up on Darlene's doorstep that day with my cake. She was at work, so I spoke to her mother. However, I didn't see any sign of drugs. We needed more evidence.

I now started a round-the-clock surveillance of the house, beginning my vigil after I dropped the kids off at school. I wouldn't even stop to cook dinner until seven or eight o'clock, after the last of the visitors had gone. My third shift would start at ten a[nd] end at three or four A.M.; sometimes would fall asleep at the window seat

My family soon started to lose the enthusiasm for my work. Kelly a[nd] Eric complained because I seldom l[et] them invite friends to the house a[nd] wouldn't drive them places for fear missing something. Ron said he w[as] concerned for my safety.

It became clear that Darlene was v[io]lating the terms of her sentence: Sh[e] was in the house when she was su[p]posed to be at work, and came a[nd] went until all hours. Stone report[ed] the infractions to Darlene's probatio[n] officer, but nothing ever came of it.

Stone was able to confiscate sever[al] of Darlene's cars, but others soon r[e]placed them. Stone then turned h[er] efforts toward seizing the house. If R[o]mero was indeed the legal owner, th[e] DEA needed evidence that he was e[i]ther conducting or condoning drug a[c]tivity in his home. However, they su[s]pected that Darlene had actuall[y] bought the house in his name, so the[y] also wanted proof that she had mad[e] the purchase with drug money.

One afternoon, I spotted a picku[p] that was on Stone's "wish list." As I waited for the agents to respond to m[y] call, two men took a roll of carpet ou[t] of Darlene's house and loaded it int[o]

e truck. I held my breath, hoping at the police and DEA agents would rive in time. They did, and in a matr of minutes they seized the vehicle id carpet, and were gone.

Darlene paced angrily around her rch until her boyfriend arrived. ey walked across their front yard—id started up our driveway! I was nicked, but halfway to our house, ey turned and left.

Later, Stone told us that the carpet id contained a barrel of hydrochloric id, which is used in making methnphetamine. However, she added, t's not illegal to possess the chemil—only to use it in the drug-making ocess. We can't prove that it was inded for that purpose."

Remembering how angry Darlene oked, I told Stone that I was worried r my family's safety. "Don't worry," e assured me. "She'd never try to arm you. If anything happened to u, she'd be the first person we'd me looking for."

Still, my fears and frustrations ounted. Although the DEA had caued me to keep my work a secret, I as dying to share the news with my iends and relatives. One day, while nching at a restaurant with a trustl friend, I quietly confessed to her hat I'd been doing. I had barely finished my story when I spotted Darlene sitting only a few tables away! I grew cold with fear—had I just put us in danger? Fortunately, Darlene hadn't heard me, but that was the last time I confided in anyone.

In August, the DEA finally got a warrant to search Darlene's house and the vehicles they hadn't yet seized. But they found only a tiny amount of meth—enough to book her for possession, but not enough to seize the house. She was out on bail the next day, and my heart sank when I saw her.

What was the use of all my work if the system just put dealers back on the streets? I decided it was time to quit, and for several weeks, I tried to ignore Darlene's activities.

But I couldn't ignore the awed looks on my children's faces when they saw Darlene driving new cars filled with expensive options. She was teaching them that dealing pays—and that was just as dangerous as the drugs themselves. I resumed my surveillance.

In September, I encountered Romero again when he began expanding his driveway. He explained, "My renter, much to my shock, is in jail on drug charges. I need more parking for all her friends who are helping to baby-sit while she is away." "Baby-sitters!" I blurted out without thinking. "All those people at those hours of the night—baby-sitters!"

Romero stiffened and glared at me. "What people? What do you see?"

Covering my blunder, I lied, "Oh, nothing. I don't see anything. I just hear cars coming and going—around ten at night, I guess." He smiled, obviously relieved. "That's just me. That's when I get in to watch her kids." My legs trembled as I left his yard.

In October, two more agents were assigned to Darlene's case. They and other agents would arrive in the morning and station their cars on nearby roads until dark. I would contact their mobile phones when I saw her leaving, and the agents would follow her. However, she soon caught on and led them on wild-goose chases. Then one evening, I spotted Darlene leaving her house with suitcases. I ran to my phone and alerted the agents that she might be leaving town.

They followed her to the airport, where they got her permission to check her luggage—which, to their disappointment, contained no drugs. The DEA then decided to back off the case for a couple of months. I had never felt so deserted or dejected. After all my work, nothing had changed. I was frustrated with Darlene, the DEA and our legal system. *(continued on page 29)*

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LINDA ON EVANS

SHARING Confidences

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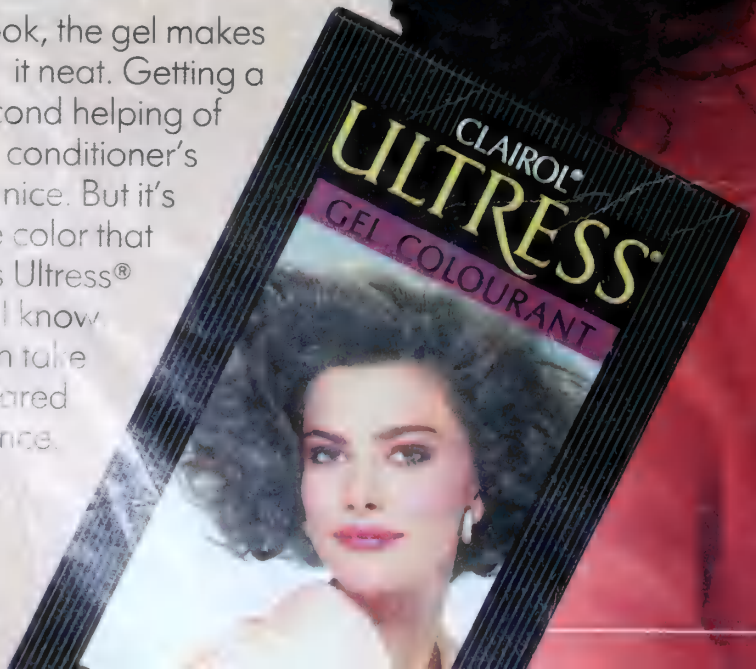

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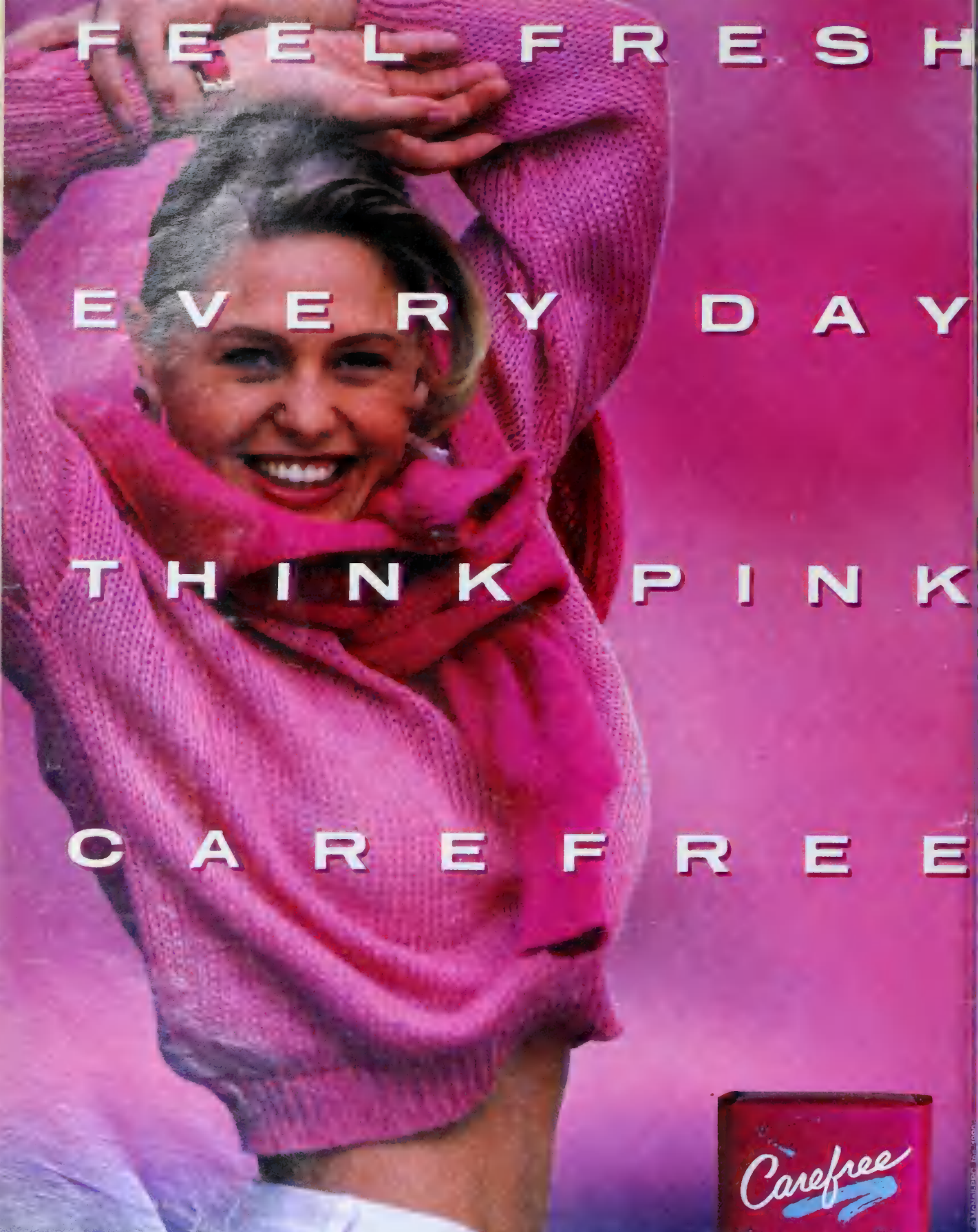

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continued from page 23

ortunately, Stone didn't give up. called me in June of 1989 to say t she had finally obtained a war- t to seize the house based on evi- ce that Darlene had bought it with g money. This action meant that rlene would either have to move or t the house from the government, ch gave them the right to inspect t any time.

While executing the warrant, offi- s caught Darlene with a small ount of meth. It wasn't enough to k her for drug possession, but it help to prove that she had broken terms of her probation. She now to serve the time from her first rge: three months in jail.

My job was over. In July 1989, I watched with satisfaction as Darlene and Romero moved out of our neighborhood for good. In September, a couple with two children bought Darlene's house from the government. They're a very nice family—and Deputy Stone assures me they're not dealers.

Although it was frustrating at times, I'm glad that I helped win this small battle of the drug war. For safety reasons, though, I still don't discuss it with anyone. I won't volunteer for spy work again, but I support our schools' drug programs, and I've voted for bond issues to build more jails.

I used to think that drugs and drug crimes were limited to big cities. I know now that the drug problem is everywhere—at work, at school, in church—even in the house next door. And only by taking action can we make our neighborhoods safe again. ■

THE SLOW ROAD TO JUSTICE

ems so easy on TV—the heroic cop gets a about a drug dealer during the opening its, and by the end of the hour, he's staged a and nabbed the suspect. But in real life, hing the bad guys involves a lot more time, rt and frustration.

Why? Experts say a big part of the problem is local police are simply outnumbered. Fed- agencies such as the DEA and FBI are arily concerned with catching high-level lers and international importers, leaving e and local police to deal with the hundreds housands of small-time street sellers, in ition to the many other offenders they dle. Because of crowded court dockets and e-consuming paperwork, it also takes sever- fficers to handle an individual investigation. nce police have focused on a suspect, it can weeks or even months to obtain a search, ure or arrest warrant against him. In each , an officer needs to demonstrate "probable e"—facts and circumstances that tend to e criminal activities—to a judge or grand Before law-enforcement agencies request arrant, they often watch a suspect over a od of weeks to record a pattern of repeated vity. The stronger the case, the better the nces of an eventual indictment and con- on—and a tougher jail sentence.

Private citizens like Mary Dold, who report g activities to police, can play a surprisingly e part in those convictions, experts say. st people underestimate the effect they can e on their own neighborhoods," says Joe ne, chief of the state bureau of narcotics rcement in California.

But that doesn't mean you should act recklessly, experts caution. If you spot drug activity in your area, don't intervene—dealers are usually armed. Instead, keep a log of specific information: license-plate numbers of cars that quickly arrive and leave at late hours, descriptions of suspects and their activity, particularly exchanges of money and packages. Then call the police and tell them exactly what you've seen; you don't have to identify yourself. They should investigate within a couple of days.

If they don't respond, or if you're not satisfied with the progress they're making, there are a few alternatives: You may be able to get the owner of the house into court yourself, although not on drug charges. One neighborhood group in Oakland, California, sued the owner of a raucous crack house for noise pollution, and won. Consider calling local television stations or newspapers to notify them of the problem. Most politicians and police forces respond quickly to a group of disgruntled constituents. The police have their priorities, but priorities can change.

You can also join or form a neighborhood watch. These groups help prevent drug crimes by reporting suspicious behavior, petitioning local government to take action and making other residents aware of potential problems.

These actions may seem minor in the face of the drug epidemic that confronts us. But authorities say that if people in every drug-ridden neighborhood did what they could to fight it, the effect could be enormous. "I think a concerned citizen is a catalyst," says Addie Key, a public-health adviser in the federal Office of Substance Abuse Prevention in Rockville, Maryland. "That one person who stands up to be counted is important, because that's where it all begins."

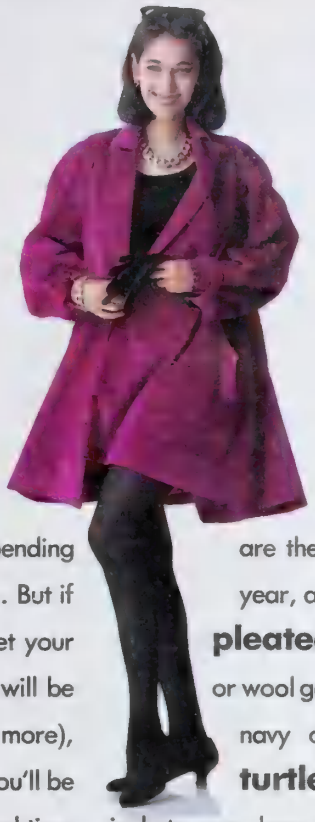
New Carefree Unscented controls odor. Feel baking soda fresh anytime, anywhere.

Part of me says, oh just grow old
gracefully--then there's the real me
that says Why? It's so like the
fluid in young skin it penetrates
in a flash--
softening, smoothing,
encouraging
the look of
healthy-glowy-young
skin.
Twice a day. Every day.
Oil of Olay.
Oil of Olay
BEAUTY FLUID

Go for all-out flattery this February with chic clothes on the cheap, great-fitting shoes and the experts' shortcut beauty secrets

BEAUTY & FASHION JOURNAL

SMART-SHOPPING THE SALES



Times are tough, and most people aren't spending money on clothes in the way they used to. But if you need to replenish your wardrobe, set your sights on the January-February sales. Prices will be slashed from 30 to 60 percent (maybe even more), and because of sluggish retail sales last fall, you'll be able to find a wide variety of sizes. It's an ideal time to stock up on basics for next fall, add some hotshot colors and newsy accessories to your closet and even pick up a few ultratrendy items on the cheap. Here's what is worth buying.

● **NO-FAIL CLASSICS** These are the basics you can wear now, next year, and for years to come: **Narrow pleated trousers** in silk, wool crepe or wool gabardine. Go for black, charcoal, navy or cream . . . Skinny **ribbed turtles** and mock turtles. Terrific under jackets—we love them in black or white . . . A pared-down **little black dress**— *(continued)*

● **INSTANT STYLE** Jazz up your wardrobe with the season's hottest runway favorites (the items that fashion editors and stylists will buy)—they started off as trends, now they're classics. An Hermés-style **print blouse** with an equestrian theme—great with a slim skirt or trousers . . . A **short pleated skirt**—the newest, kickiest alternative to a skinny mini . . . A **mini trench**—they're super in black rubberized cotton, taffeta, even metallic gold and silver . . . An **anorak**. Look for a hot color with a drawstring waist and flap pockets. Skip blouson-style jackets . . . A jaunty **wool beret** in black or navy, or a wool **baseball cap** in black or a bright for weekend chic.

Who says you can't hav

all?

Introducing

FRUIT of the LOOM®

feminine style™

Finally there are stylish panties that feel as good as they look. It's the new Feminine Style collection from Fruit of the Loom. And it really is like having it all.

All the best styles in all the best colors, with tank tops to match! In super-soft cotton or silky nylon... and touches of lace in all the right places. So keep an eye out for the new Feminine Style collection. And have it all. Beautifully.

Teri Garr

©1990 Fruit of the Loom, Inc.

BEAUTY & FASHION JOURNAL

(continued) either a slipdress or a body-skimming chemise with a wide boat neck. Ideal for just about any dressy occasion . . . A **cashmere sweater** to upgrade every skirt or pair of trousers you wear with it. They're marked off about 50 percent now, so if you've never wanted to spend the money on cashmere before, you may decide to pick up a classic crewneck or cardigan. Select a tony shade of ivory, taupe, gray or black or an aristocratic pastel hue like buttercup, pale pink, a tint of blue . . . You can't go wrong with classic leather **equestrian-style boots** in black or rich brown. They'll be in style forever . . . Something in supple **suede**. We love baseball jackets and short wrap skirts—both are luxurious and priced right, too.

● Never underestimate the **POWER OF COLOR** to energize your whole wardrobe. Be on the lookout for basic items such as: A **big easy sweater** in wool, mohair or cotton Shaker-knit in bold orange, turquoise or yellow . . . A long, **tailored jacket** (one button, notch-collar, relaxed fit) in brilliant pink, blue-violet, leaf green or mango. You'll love what a shocking shade will do for the pieces you already own in black, navy, gray, white, and earthy neutrals like clay, taupe and chocolate . . . A **shapely suit** in lipstick red or a Chanel-style suit in a bold plaid (try tartan or a tweedy blend of colors). These suits have couture sophistication and lots of swagger. Count on a short, slim skirt and bonus details like oversize gold or pearl buttons, piping or braiding . . . **classic jeans** in crayon colors! They're great for now and next fall, too. Pair with a white tee or turtleneck for a newsy look . . . **washed silk shirts** in unexpected velvety shades of plum, pumpkin, lapis, hunter green, mustard, dusty rose and apricot to wear with jackets and suits. You want classic styling and a generous cut. Pile on the color—an apricot shirt with a moss green jacket, or a plum shirt under a gray suit . . . **technicolor extras** are inexpensive ways to add spark. Try a turquoise lambswool muffler, cotton-knit tights in mustard yellow, red rubber Wellies.

● **NEWSY ACCESSORIES** if you haven't updated your everyday accessories lately, here's what's new and noteworthy: A **frame-style handbag** (think Grace Kelly) is the most current shape . . . Leather **fringed gloves** (or gauntlet style) are great now and through next winter . . . A big **quilted chain-strap tote** is a dressy way to store all your can't-leave-home-without stuff.

Heel Strike protection!

Optical illusion! Toe box looks slender, feels roomy.

Tender arch supports seem to massage your foot as you move.

Is it true they played basketball in Easy Spirit pumps?

To prove a point, we asked women to play basketball in Easy Spirit Dress Pumps. Not just for a few minutes. But for hours. They played hard. And they played to win! After the first two hours, even we were surprised. What's the secret? There really is a sneaker inside these slender, streamlined, buttery little pumps. The famous Easy Spirit sneaker Suspension System. So come try them on. You'll feel the secret. Not just the cushioning. The contoured last. The stability. The protection from pain! Now we don't recommend you play basketball in them—just find out how wonderful it is to walk in them. Easy Spirit Dress. Now in 4 heel heights. A rainbow of colors. And the right fit! Sizes 4 to 12. In 7 widths. **AAAA** to **EE. WHEEE!** For the store nearest you, call **1-800-EASY-244. (1-800-327-9244.)**

Easy Spirit Dress

LOOKS LIKE A PUMP, FEELS LIKE A SNEAKER.

BEAUTY & FASHION JOURNAL

YOU'VE HEARD OF THE SHOES THAT "LOOK LIKE A PUMP, FEEL LIKE A SNEAKER," RIGHT? THOSE ULTRACOMFORTABLE SHOES, EASY SPIRIT, WERE INTRODUCED IN 1988 AS THE FIRST COMFORT PUMP. SINCE THEN, MANY COMPANIES HAVE COME OUT WITH THEIR OWN VERSIONS, AND SALES ARE SKYROCKETING. BUT BEFORE YOU FALL HEAD OVER HEELS FOR THESE COMFY HEELS, HERE'S WHAT YOU SHOULD LOOK FOR

THESE HEELS ARE MADE FOR WALKING

CLASSIC STYLE Pumps should be made of soft, supple leather and have a trim silhouette to take you from day to dinner.

INNER CONSTRUCTION All the companies that manufacture comfort pumps have designed the shoes to be flexible and absorb shock at the ball of the foot—the area that endures the most stress (90 percent of the body's weight with each step!). Naturalizer's NaturalSport Town Walker Pumps offer cushioning and traction features usually found in athletic shoes. Easy Spirit pumps are designed with two layers of shock foam (the same material used in football helmets). Comfort Flex pumps by Selby feature the same kind of special shock-absorbing foam used in the high-tech footwear of pro athletes.

OUTER CONSTRUCTION The only real visible difference between comfort pumps and traditional pumps is that comfort pumps have a thicker sole because of all the extra cushioning. Soft Spots's Performance Pump features "cradle construction"—a soft leather upper wraps completely around the foot for comfort and flexibility (in traditional pumps the leather upper is sewn into the sole of the shoe, which prevents full flexibility and support). You'll also find that comfort-pump soles have a durable slip-resistant tread.

COST According to William Boettge, president of the National Shoe Retailer's Association, 25 to 50 percent of all shoe sales are women's comfort pumps. In fact, Boettge predicts that in a few years all women's shoes will have some comfort feature added to them. Here's what you can expect to pay: Soft Spots's Performance Pump, $55-$70; Naturalizer's NaturalSport Town Walker Pumps, $70; Easy Spirit, $75; Selby's Comfort Flex, $55-$65; Rockport, $100; Nine West Spa Collection, $55-$59.

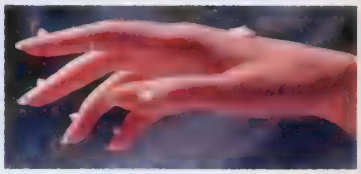
PERFECT FIT TIPS

The reason most women buy uncomfortable pumps is because they don't pay attention to fitting every part of their foot once they've chosen the size. We asked Richard Frankel, D.P.M., a top NYC podiatrist, for his advice.

- High-heeled shoes extend the arch and lengthen the foot, so you may need a larger size than you normally wear. The ideal heel height is 1¼ to 2½ inches.
- Shoes should be comfortable when you buy them. The only place a shoe will stretch is at the widest part of your foot (the ball). So if a shoe is snug there, it will probably stretch. But if a shoe is tight at the toe, don't buy it.
- Select shoes that allow you to wiggle your toes while you're standing. Allow a ¼-inch space from the end of your longest toe to the tip of the shoe for maximum comfort.

The ultimate comfort pump

And if any of those parts, the skin, the nails, the cuticles, don't look their best, they simply won't add up to a beautiful hand.



Vaseline® Intensive Care® Hand & Nail Formula Lotion softens rough, dry hands, conditions cuticles and helps strengthen nails, in one easy, simple step.

So now, instead of using three products, one for hands, one for cuticles and one for nails, you only need one.

beautiful hand is equal to the sum of its parts.

Equal Treatment For Hands, Nails and Cuticles. In One Simple Step.

Hand & Nail Formula has clinically proven moisturizers for your hands and cuticles, and keratin, the protein found in healthy nails.

It's the treatment that equals beautiful hands.

"To make small or deep-set eyes look larger, apply a medium-brown eyeshadow at outer corners of upper lids and just below lower lashes. To diminish full lips, smooth on a mid-toned lipstick shade, and at outer corners, apply another lipstick that's two to three shades darker."

—MARSHA FOSTER, SALES TRAINING MANAGER FOR MAX FACTOR

WHAT I LEARNED IN THE BEAUTY BIZ

YOU MAY BE UP ON MAKE-UP TRENDS, BUT WOULDN'T YOU LOVE TO KNOW THE TRICKS THAT CAN GIVE YOU MODEL-PERFECT LOOKS? BELOW, BEAUTY EXECS' BEST SECRETS

"I've got a few terrific beauty secrets that I bet you've never tried: Before showering, apply a heavy-duty moisturizer or night cream to face, neck, décolletage and shoulders. Rinse face last, allowing steam to penetrate pores. This mini hydrating treatment erases sleep creases in the A.M. Another skin treat: Soak cotton balls in toner and carry them with you in a sealed plastic bag to freshen your face throughout the day. A third great idea: When tweezing your brows, alternate between the two to ensure a balanced look."

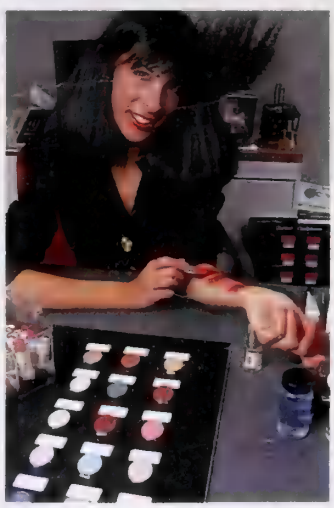
—ANDREA ROBINSON, PRESIDENT OF ULTIMA II

"Wearing a strapless dress to your next party? Apply your favorite moisturizing masque to arms, chest and throat to make skin feel silky-smooth, look radiant."

—JANINE MANSOUR, DIRECTOR OF SALES PROMOTION AND TRAINING, ALMAY

"Conceal those little lines around your lips with a nude lip pencil—it really works!"

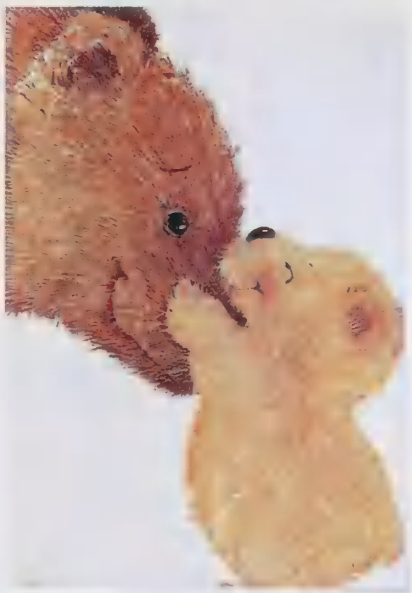
—DEA VON WAGNER, COUNTER REPRESENTATIVE FOR ULTIMA II AT BULLOCK'S, PALM DESERT, CA



"For lasting lip color, use lipliner all over instead of lipstick."

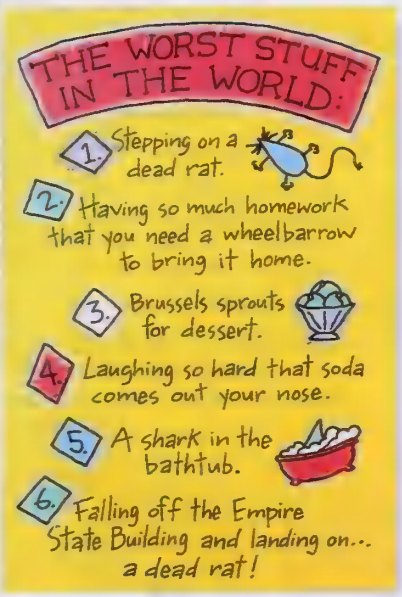
—JILL SCALAMANDRE, VICE-PRESIDENT OF CREATIVE MARKETING, REVLON ▶

You're perfectly wonderful!
It's your room that's a mess.



For a little kid, you sure make a big difference in my life.

You worked very hard to achieve what you did, and I'm very proud that you are my kid!



7. Missing you!

The world sure could use more neat kids just like you!

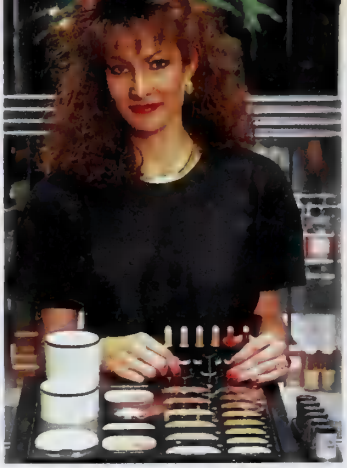
Hugs, smiles, high-fives and grins that a kid just happens to get in an envelope. (But only when a grown-up gets in to Hallmark.)

TO KIDS WITH LOVE

Hallmark

When you care enough to send the very best

BEAUTY & FASHION JOURNAL



"The trick to perfect eyelining? Keep your eye *open* when applying liner. Tilt your head back and look down into the mirror."

—TONY MICHAELS, VICE-PRESIDENT OF MARKETING FOR LANCÔME

"When applying blush, don't stop at cheekbones—dust a bit under chin and on collarbones for a more realistic distribution of color. My trick for keeping nails looking newly polished? Remove ink stains and glue spots from polished nails with rubbing alcohol. It not only cleans the nails but keeps polish glossy, too."

—LYNN EMMOLO, ASSISTANT VICE-PRESIDENT OF MARKETING, L'ORÉAL

"Everybody's skin can use an extra boost of moisture this time of year. To combat drying indoor heat, apply an extra-thick layer of moisturizer to face, leave on for five minutes, and blot off excess with a tissue."

—NANCY T. MUGELE, PRODUCT MANAGER, CLARION

"Sometimes it's best to combine two steps. I like to mix my eye cream and concealer and apply to eyelids first thing in the morning—it reduces puffiness and redness instantly. Another eye tip: If you've got dark undereye circles, they'll disappear if you apply a peachy cream blush before you apply concealer."

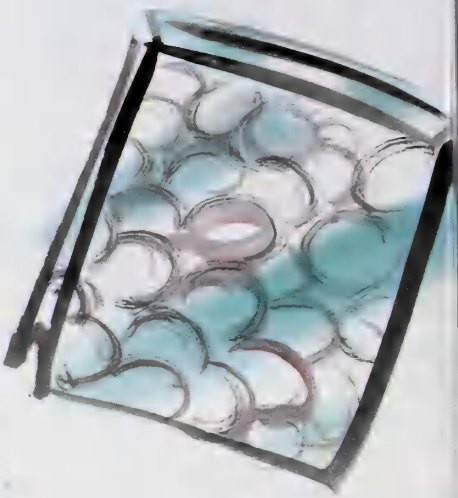
—TANYA HARDEN, COUNTER REPRESENTATIVE FOR ULTIMA II AT DILLARD'S, LITTLE ROCK

"Need to soothe puffy morning eyes? I have a foolproof idea that's easy: Keep damp cotton balls in a sandwich bag in the freezer and apply first thing in the morning. It really works."

—KATHEE McGINTY, ASSISTANT VICE-PRESIDENT, L'ORÉAL HAIR CARE DIVISION

"My favorite way to make scent last all day? I hand-wash my lingerie and hose in a scented bath gel. Bath gel is great to travel with, too. I use it as shampoo, cleanser, even as a nail soak. One more fragrance tip: Spray a damp cloth with scent and put it in the dryer with your clothing. Everything comes out smelling wonderful."

—ADRIENNE FONTANELLA, VICE-PRESIDENT OF MARKETING AT PARFUMS STERN



Union Hill cards are...

...blank inside so your words...

...have someplace to go.

When others
grabbed for
a thesaurus
in school,
you reached
for a pen.
You always know
just what to say
to a friend.
And you make
sure your
words arrive
properly dressed.
Make a note:
you've got to go
to Hallmark.

Union Hill
PAPERWORKS

Hallmark

When you care enough to send the very best

BEAUTY & FASHION JOURNAL

"For blusher to look most natural, always apply from hairline to cheek in short strokes. This way, color goes on more evenly, and you'll never end up with bright spots of color on your face."

—NANCY PHILLIPS, FORMER BEAUTY MARKETING DIRECTOR FOR COVER GIRL

"My favorite fast evening look: If, like most women, clear red or blue-red is your lip color, try a dab of an orangey shade in the center of lips. It works like a highlighter

to make them sparkle."

—SUSAN CHASE, NATIONAL TRAINING DIRECTOR FOR COTY

"If you're over thirty-five, select a foundation that's one half to one shade lighter than your skin tone for a more luminous look."

—GLORIA FANZ, VICE-PRESIDENT FOR RETAIL TRAINING SERVICES, REVLON

"Excellent-quality brushes are a must for pro makeup application. But you don't have to spend a fortune—pick up a variety of sizes at an art-supply shop."

—LINDA HARRIS, VICE-PRESIDENT OF PRODUCT DEVELOPMENT, L'ORÉAL

"Here's a trick that gives a newsy lift to a blunt cut or short, layered hair: Wear a headband to smooth hair off face and spray with extra-hold hairspray. Leave band on for twenty minutes while putting on makeup, then remove."

—JAMES VIERA, VICE-PRESIDENT, CORPORATE TECHNICAL DIRECTOR, L'ORÉAL HAIR CARE DIVISION

"If you had to pare down your cosmetics to the three products that do the most for you, here's what you shouldn't be caught without: a self-sharpening eyeliner pencil, black mascara (both maximize eyes fast) and a rosy lipstick with built-in moisturizer and sunscreen."

—CATHERINE H. WILLS, EXECUTIVE VICE-PRESIDENT OF MAYBELLINE

"I've discovered that layering shades gives a more natural look. I always wear two blushers—a brownish shade or bronzing powder under a blusher shade that goes with what I'm wearing—rosy pink or apricot. Then I apply pressed powder for flawless blending. I also always wear dark-blue mascara over a layer of brown—it makes my lashes look richer and more flattering."

—SUSAN BIEHN, SENIOR VICE-PRESIDENT OF ADVERTISING AND CREATIVE SERVICES FOR CHRISTIAN DIOR

"I love to moisten a cosmetic sponge with toner instead of water

to apply and blend foundation. The result is a fresh, sheer, natural look."

—LUCY ROSE, SALES REPRESENTATIVE FOR PRESCRIPTIVES AT NORDSTROM'S, DOWNTOWN SEATTLE

"To give your face a youthful glow, apply your usual foundation over your entire face, then blend on a lighter shade under eyes and next to nose, working out to cheekbone. Dust on a translucent powder to set."

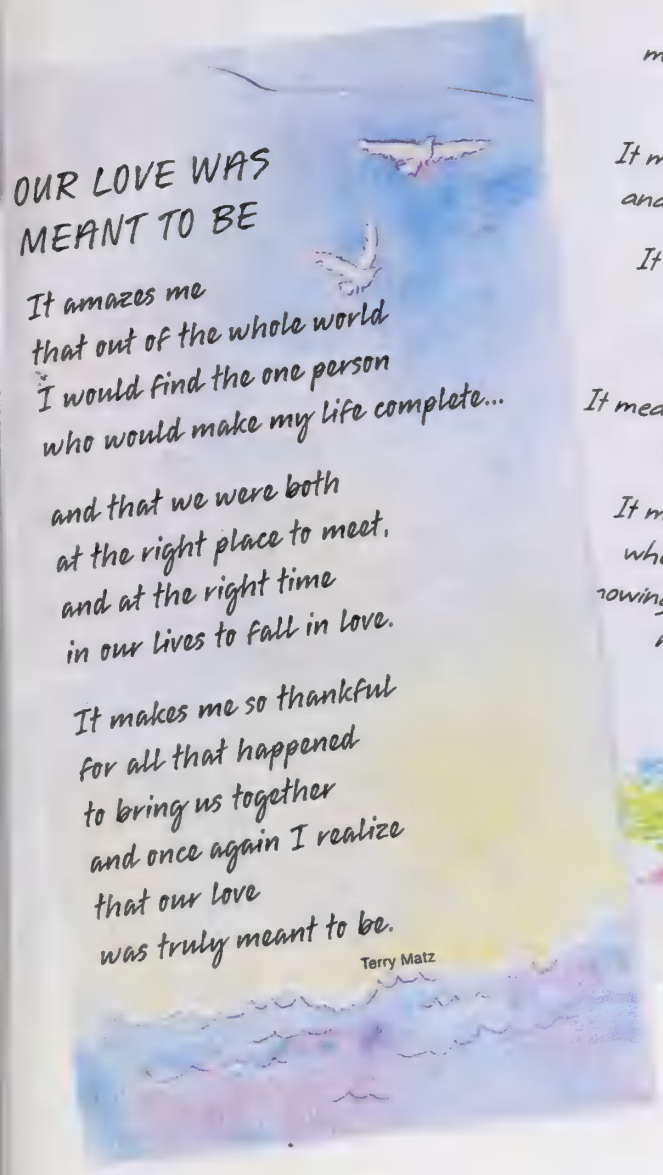
—ANDREA CALDWELL, EXECUTIVE SENIOR SALES DIRECTOR, MARY KAY

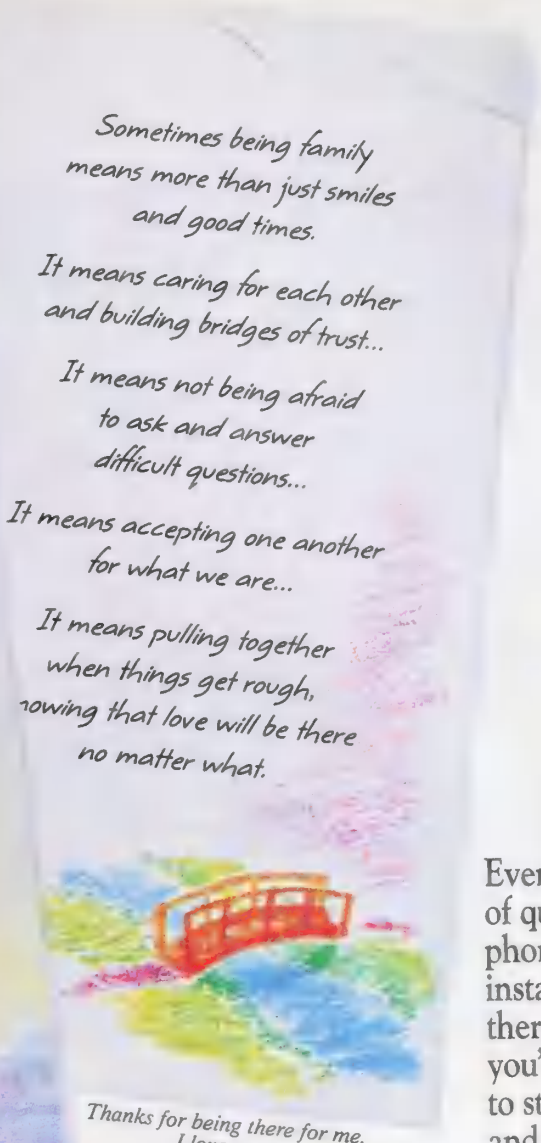
"The quintessential cosmetic for brunets? A bright red lipstick! It's seasonless and works for day or evening with everything from jeans to a strapless dress. Every brunet needs one!"

—ALLYN SEIDMAN, VICE-PRESIDENT OF PUBLIC RELATIONS FOR REVLON

"Now that I'm forty, a natural makeup look has to have some color in it to work for me. Five minutes wake up my face every A.M.: I apply a deep red-brown lipstick with a lip brush, blot to a stain, reapply and blot. A russet-colored matte shadow steps in for liner and mascara. If I'm feeling tired, I dust a light bronzing powder on cheeks and temples for a quick lift."

—LOIS JOY JOHNSON, LHJ'S BEAUTY AND FASHION DIRECTOR





Even in a world of quick phone calls and instant dinners, there are times you've just got to stop and pour your heart out to someone special. You'll find the words in the Between You and Me cards found only at Hallmark.

Between You and Me

Hallmark

When you care enough to send the very best

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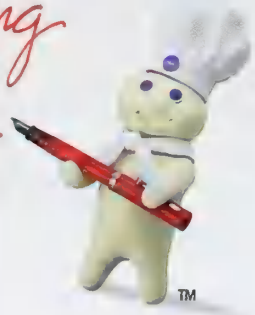
Roses are red
Violets are blue
Funfetti cake and frosting
from you know hoo-hoo.



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STATE OF THE HEART

We're up on marriage and down on divorce. For the first time in years, romance and commitment are back in style. A special report on love in the nineties, including real-life stories from readers that will warm your heart—and heat up *your* lovelife!

By Ann Nelson

In the self-centered seventies, we pink-slipped Cupid, and in the workaholic eighties, we forgot to pencil him into our lives. But lately, sentiment is soaring. Last February, Americans dispatched a billion valentines, and the betting is that this year we'll send even more. We're also expected to buy more perfume, chocolates and alluring lingerie than ever before. Dancing cheek-to-cheek continues to be chic, and the two biggest box-office hits of 1990 were *Ghost* and *Pretty Woman*—both romantic confections. Confirms Susan Hayward, who tracks trends for the Yankelovich Monitor, a study of American values: "Romance is definitely up."

So is the number of weddings, which rose a bit in the first half of 1990. The urge to merge was strong enough, in fact, to melt the Man of Steel: Superman and Lois Lane finally got engaged last year—after only fifty-two years of dating!

Meanwhile, we're not uncoupling quite so fast. Although our divorce rate is still one of the highest in the world, it has gone down to 4.7 divorces per 1,000 people from a high of 5.3 in both 1979 and 1981—the lowest it's been since 1974.

Why are we falling in love with romance and marriage all over again? The reasons mix pragmatism and passion. The baby boomers are now in middle age—traditionally a time of fewer marital breakups. AIDS and sexually transmitted diseases have made monogamy more attractive. And now that we've seen how much divorce can damage our children—and our standards of living—we're far more dubious about the process. "We have now had two or *(continued)*

(continued) three generations of divorce, and many people have discovered that it was not a solution to their problems," says marriage therapist Harville Hendrix, Ph.D., founder of the Institute for Relationship Therapy, in New York.

Experts aren't certain how the deepening recession will affect this romantic resurgence. Some think we'll cling to our spouses. Others—especially divorce lawyers—wager that economic stress will fray more marriages.

Such skeptics should note, however, that marriage can make at least men healthier *and* wealthier. Researchers at the University of Southern California at San Francisco recently concluded that bachelors aged forty-five to sixty-four were twice as likely to die as married men that age. And a University of Michigan study shows that married men twenty-five to sixty-four earn 30.6 percent more than their unmarried counterparts.

LOVE, NINETIES STYLE

Today, husbands and wives realize that marriage is something you work at. More and more couples now seek counseling, and membership in the American Association for Marriage and Family Therapy nearly doubled between 1980 and 1990. Says Michelle Weiner-Davis, M.S.W., a marriage and family *(continued)*

THAT LOVING FEELING

WHEN WE ASKED YOU TO TELL US ABOUT THE MOST ROMANTIC MOMENT YOU'VE EVER SHARED WITH YOUR HUSBAND, NEARLY ONE THOUSAND OF YOU WROTE IN. HERE ARE A FEW OF YOUR REAL-LIFE LOVE STORIES

SWEET SOMETHINGS

August 2, 1986, was so hot and humid that my boyfriend, Gregg, and I spent several hours in the air-conditioned mall. Before we went home, Gregg said that he wanted a cookie, so we walked to the cookie shop. There, I was stunned to see a great big chocolate-chip cookie that read, "Jennifer, will you please marry me? Love, Gregg." Around it were eight other little cookies that said, "I do!," the date, "8-2-86" and "I love you."

After I got over my shock, I said, "Yes!" and everyone around us started clapping. When we got back to my house, I discovered a dozen red roses and an engagement ring waiting for me.

Gregg and I have been married for three and a half years and are expecting our first child. But the most romantic moment we've ever shared was at that cookie store.

—Jennifer Wozniak,
Oak Forest, Illinois

THE BELLE OF THE BALL

My husband, Richard, and I have been married for six wonderful years. Just when I think he couldn't possibly be more loving, he always finds a way to surprise me.

Recently we attended my twentieth high school reunion. Richard knew that I was more than a little nervous. As a teenager, I had been extremely overweight and painfully shy, and I'd never dated or gone to the prom. Over the years, I lost weight and gained self-esteem, but I could never get over the humiliation of being one of those girls who never gets asked to dance.

On the day of the reunion, I opened the refrigerator to get a snack, and discovered two packages wrapped in purple ribbons—my color for the evening. Inside one box was a corsage of tiny white orchids, with ribbons that matched the color of my dress. In the other was the most beautiful amethyst- (continued)

Introducing
he world's easiest homemade brownies.

NEW

Baker's® Chocolate One-Bowl Brownie Recipe

- 4 squares BAKER'S® Unsweetened Chocolate
- 3/4 cup (1 1/2 sticks) margarine
- 2 cups sugar
- 3 eggs
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- 1 cup chopped nuts (optional)

1. **MICROWAVE*** chocolate and margarine in large microwavable bowl at HIGH 2 min. or until margarine is melted. STIR UNTIL CHOCOLATE IS MELTED.
2. **STIR** in sugar. Mix in eggs and vanilla. Stir in flour and nuts. Spread in greased 13"x9" pan.
3. **BAKE AT 350°** for 30 to 35 min. (DO NOT OVERBAKE). Cool; makes 24.

*RANGE TOP: Stirring constantly, melt chocolate and margarine in 3-quart saucepan over very low heat. CAKELIKE BROWNIES: Stir in 1/2 cup milk with eggs and vanilla. Use 1 1/2 cups flour.

o easy, you'll never make a mix again.

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(continued) therapist in Woodstock, Illinois, "More people are asking 'how can we work this out?' instead of 'show me the way to the divorce attorney.' "

Marriages made today may also prove more stable. Continuing a thirteen-year trend, we're waiting longer to marry: The median age for first-time brides has risen to 23.8; 26.2 years for grooms. Says Barbara Risman, Ph.D., professor of sociology at North Carolina State University, "We have always found a strong relationship between age at marriage and stability."

Couples who have been married for the last two decades are delighted to be fashionable once more. "In the seventies," says Carol, a fifty-six-year-old college professor from Seattle who cele-

brated her silver wedding anniversary last year, "there were times when I felt like a museum piece." In a study of marriages that have lasted fifty years or more, Dorothy Field, Ph.D., a psychologist at the University of California at Berkeley, and Sylvia Weishaus, Ph.D., a marriage and family counselor in Los Angeles, discovered characteristics common to enduring marriages: shared *and* separate interests, commitment and acceptance of each other.

While no one can forecast how many of today's marriages will last a half century, the odds are better than they've been for many a Valentine's Day. ■

Ann Nelson is a writer in Seattle.

(continued) *and-diamond ring I've ever seen. Richard leaned over and kissed me. "This is to celebrate your reunion," he whispered as he slipped it on my finger.*

I arrived at the party floating on a cloud. When the music started, Richard led me to the dance floor for a waltz—we were the only couple out there! We danced all evening, and as the reunion came to a close, I saw Richard whisper to the disc jockey. The song "The First Time Ever I Saw Your Face," by Roberta Flack, began to play, and Richard took me in his arms and said, "This is for you." We danced slowly, and when the song ended, he looked into my eyes and whispered, "You know I love you very much, sweetie." Then, in front of my class, he kissed me so tenderly and lovingly that my eyes filled with tears.

Richard took my hand and we walked off the dance floor together, leaving that shy, awkward teenage girl of twenty years ago behind in the shadows forever.

—Joan Cano, Whittier, California

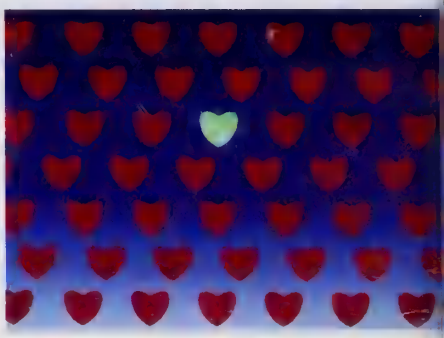
OVER HERE

During World War II, my husband, George, was stationed in Baltimore while I remained at home in Michigan. After we had been married for only six months, he called to say that he was shipping overseas. We both knew we had to be together one more time.

I was only nineteen years old and had never before traveled away from home by myself. I managed to get a seat on a very crowded train, and after fifteen hours, it finally pulled into the station in Baltimore. George's eyes lit up when he spotted me, and my heart began to beat wildly as we embraced.

We took a cab to our hotel, and when I walked into our room, the sight took my breath away. Balloons floated from the headboard of the bed, and paper hearts decorated the entire room. George and I kissed tenderly but passionately.

A few minutes later, room service arrived and served us a delicious dinner. In the middle of the table was a single red rose. George and I dimmed the lights, ate, talked and



made love for the rest of the evening. I hoped it would never end.

Early the next morning, George took me back to the train station. We clung to each other fearfully and whispered words of love, not knowing when—or if—we would see each other again.

Thank goodness he came home to me safely. We have now shared forty-six happy, romantic years, but that magic night in Baltimore was the most beautiful and endearing.

—Diana Bogorad,
West Bloomfield, Michigan

WHAT I DID FOR LOVE

My husband, Randy, a paratrooper in the 82nd Airborne Division at Fort Bragg, and I were married this past June 30—less than three months before he flew off for duty in the Middle East.

The first few weeks (continued)

MISSION: IMPOSSIBLE™

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"'68 Comeback Special"

Actual diameter: 8½ inches
Ringed in platinum
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It has the potential to appreciate in value. The edition of "'68 Comeback Special" is limited to a maximum of 150 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices sky-high.

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Like any marketplace subject to the laws of supply and demand, the plate market is ever changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "'68 Comeback Special" as one of the year's top prospects. . . and we'll back up your purchase with our 365-day money-back guarantee.

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*As reported in the Bradford Exchange *Market Report*® Volume II-4.

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Signature

Mr. Mrs. Ms. _____ ( ) _____
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(continued) *of our marriage were very hectic because Randy was out in the field a lot. During his first weekend off, he was on alert due to the crisis in Kuwait, and had to stay by the phone. I think we both knew that it would be our last weekend together for a while, and I wanted to make it special. I decided to cook Randy's favorite dinner of roast beef, mashed potatoes and corn. Although this might not sound that hard, for me it was a big undertaking: I don't know how to cook,* and *I'm a vegetarian.*

But cooking the roast wasn't nearly as hard as I'd imagined (I called my mother for a few tips), and in fact, I really enjoyed doing it for Randy. My grandmother always said love changes everything, and she sure was right.

Randy was thrilled with the dinner. Afterward, we sat down with a bottle of wine, talking and making plans for our future long into the night.

At three A.M. *on Saturday, September 22, Randy was deployed to the Middle East. I miss him very much and pray that he will soon be home with me.*

—Kelly J. Spade,
Spring Lake, North Carolina

BUBBLING OVER

One of the most special, romantic moments my husband, Tim, and I have shared was about three years ago. I was working as a dispatcher for a nearby state park on the evening shift—four P.M. until midnight. My husband worked days, so we didn't see each other very often. When we did, we usually spent the time with our two sons.

One night, Tim decided to surprise me. When I got home at about twelve-thirty A.M., our apartment was completely dark. I opened the door to find our hallway lit with candles from one end to the other, and Tim waiting for me at the head of the stairs. He took my hand and without a word led me into the bathroom. There, I saw a bubble bath with candles all around the tub. Tim helped me into the tub, handed me a glass of champagne and orange juice, and for the first time in a long time, we enjoyed some quiet time together. After we finished our drinks, Tim helped me slip into a beautiful negligee he had just bought.

Anyone who says romance is dead should try this—you'll never feel that way again. Tim, I love you with all my heart and soul.

—Diana Bucknam, Perry, New York

FLAMING PASSION

My husband, Bill, and I have both been married before, and between us we have five children and three grandchildren. With two teenagers still at home, finding time for romance is never easy.

One evening, though, the kids were visiting Grandma, and the snow was falling—a beautiful and romantic sight. I was standing at the door watching it, when my husband came up and put his arms around me and said, "Too bad we don't have a fireplace."

He went to watch TV and I thought, Why not? I found some paper and crayons and began to draw a fireplace with a roaring fire

inside. Then I gathered some pillows and blankets and went into the living room. I hung the "fireplace" on the end of a table and spread the blankets out in front of it. Then I put on my prettiest nightgown.

My husband was waiting for me with a big smile on his face. I climbed under the blankets, and it took him only about a minute and a half to turn off the TV, dim the lights and join me. There was something silly but so wonderful about the two of us lying there in front of our own special fireplace. It will always be a reminder of our love for each other.

—Joyce L. Broils,
Topeka, Kansas

PASTA PERFECT

My husband, Mark, and I have been married for fifteen years and now have two children, but one of the most romantic moments we've ever shared took place when we were in college and still dating.

It was a rainy Saturday in May. We had hoped to go out to dinner and to a local disco, but since it was the end of the month, we discovered that neither of us had any money. We dug deep into our pockets, checked the sofa cushions and searched the bottom *(continued)*

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THAT LOVING FEELING
continued

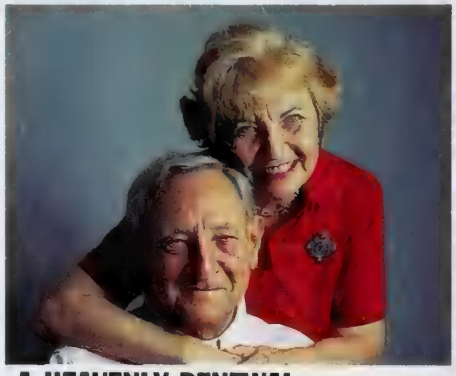
of my purse. After counting all the pennies we found, we made a slight alteration in plans for the day.

We set out with $4.50 in coins and a big umbrella to walk twenty blocks (we didn't have a car) to a theater that offered a student discount for the matinee showing of *The Godfather*. Our jeans were soaked to the knees by the time we got there, but we laughed like kids with every sloshy step.

After the movie we had about $1.20 left—just enough for a box of spaghetti and a small jar of sauce. We walked back to Mark's apartment with our tiny bag of groceries, holding hands tightly and talking about our future.

While I boiled the water, Mark set the table and lit a candle. We found ourselves smiling at each other and for all the love and promise that little domestic scene provided. No dinner has ever tasted quite as good as that one, and no beginning was ever remembered as sweetly.

—Diane Hellriegel,
New Milford, New Jersey



A HEAVENLY RENEWAL

After fifty-three years of marriage, my husband, Murray, and I have had many beautiful, romantic moments. But the one that I shall always cherish is the night of our fiftieth wedding celebration.

We stood before the rabbi in a temple crowded with friends and family, under a bower of flowers, gazing into each other's eyes, hands entwined. My heart overflowed with love and gratitude to God for blessing us so that we could once again affirm our vows of continued love, affection and devotion to each other. The ecstasy of that moment was pure heaven.

—Roslyn Duberstein,
Royal Palm Beach, Florida

PRISONERS OF LOVE

In January 1986, I flew from Minnesota San Francisco to see my boyfriend, Sco While I was there we took a tour Alcatraz—and believe it or not, it w there that we experienced our very spec romantic moment.

As part of the tour, we were allowed go into the solitary confinement of C Block D to get an idea of how it felt. Wh we were locked in this cramped, da damp cell along with several other touris Scott and I fell in love. We held each oth tightly and kissed passionately as if no o else existed. At that moment, we sudden knew we both had to be together "till dea do us part."

Scott eventually moved to Minneso and we were married on October 17, 198

ay, our "solitary confinement" is dif-nt: We spend our most romantic mo-ts gazing into each other's eyes over a llelight dinner. But our love is just as ng as it was in Cell Block D.

—Kaye Zarn, St. Peter, Minnesota

I ARE SO BEAUTIFUL . . . TO ME

nine and a half years I've been mar-to my husband, Gregg, have been the of my life. We have two beautiful sons dd to our happiness.

year ago, I was diagnosed with ovari-ancer. The initial surgery left me with ar from my breastbone to my pubic , and my weight dropped to 112 nds. Chemotherapy treatments made very moody—and very bald. My self-image plummeted to an all-time low.

One evening when I was feeling especially unattractive, my husband wanted to get romantic. We started kissing and hugging, but he realized that I wasn't enjoying it and asked what was wrong. While he held me in his arms I told him everything. Slowly, gently, he began to remove my clothes—and the pink scarf I wore every night so he wouldn't have to look at my bald head. As we began to make love, he told me that I was still the most beautiful, desirable woman he had ever seen, and that nothing could or would ever change that. When he told me that he *didn't think he was good enough for* me, *I cried. While tears of love and joy ran down my cheeks, we made love like never before.*

Six months of chemotherapy, another major surgery and six weeks of radiation have passed. My hair has grown back thicker and prettier, I've put on some weight and I feel great. But never have I felt more beautiful or more loved than I did on that special night. My husband is the most wonderful man in the world. I thank God for him every day!

—Marilyn Stevenson,
St. Charles, Illinois

A heartwarming poem just for *Journal* readers.

I LOVE YOU

It is very rare
to fall in love
with someone like you
who is
so sensitive, yet strong
so caring and understanding
so stable, yet spontaneous
so kind and considerate
so creative, yet practical
I feel like the luckiest person in the world
because of you
and though
my mind may be occupied
with all the events of the day
you are always at the forefront
of my thoughts
I am always thinking about
how wonderful you are
and how much I would like
to be with you at that moment
I am always thinking about
how much I appreciate you
how much I want to thank you
and how much
I love you

—SUSAN POLIS SCHUTZ

Susan Polis Schutz and her husband, Stephen, create Blue Mountain Arts greeting cards. Their eleventh book of poetry, I Love You, *is out this month from Warner Books.*

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HOW LONG CAN THIS MARRIAGE LAST?

No one ever thought they were a perfect match—except, perhaps, at the starry-eyed beginning. He liked to shoot grouse on the Scottish moors; she preferred hunting in upscale department stores. She was a bit giggly; he was prone to brooding—and the British tabloids regularly buzzed that the marriage of Prince Charles and Princess Diana was about to run aground.

Late last year, though, speculation strengthened. Tabloids on *both* sides of the Atlantic trumpeted the rumors: Charles had packed up and moved out of their Kensington Palace home. Diana, who accompanied Charles to Japan for the coronation of Emperor Akihito, was more interested in flirting with any available foreign prince there than in talking to the one who is the father of her children.

After almost ten years of marriage, has the fairy tale finally ended?

Not quite. Charles *did* leave the palace, but only to go to Scotland, where he customarily spends much of the autumn hunting and fishing on the royal estate of Balmoral. And Diana's warmth toward the men she sees at official functions probably reflects nothing more than her usual charm.

Still, the state of the union is very poor indeed, according to associates of both the Prince and Princess, as well as those journalists whose business it is to watch the Waleses. This year, the couple's annual separation lasted for a record fifty-nine days; the Prince didn't even attend the sixth-birthday party for his son Harry on September 15.

"Charles and Diana have simply fallen out of love," says Nigel Dempster, the London *Daily Mail* gossip columnist. "The bloom has gone off their marriage."

Is one partner more to blame than the other? Despite Diana's image over the years as a gadabout, those who know the couple best say Charles bears most of the responsibility. "He has periods of deep depression," says one friend of the royals, "and I have a feeling that Diana just can't handle it."

Many of the couple's past arguments, associates say, stemmed from the Princess's excessively chirpy efforts to cheer her husband up. Irritated, he repeatedly shut himself off from her. By now, though, Diana has learned her lesson. She leaves her husband alone and lets him work it out for himself.

Augmenting Charles's customary bouts of the blues is the polo accident he suffered last summer. The incident, in which the Prince broke an arm, came as a major blow. His Australian physiotherapist, Sarah Key, says, "I would guess that only three out of one thousand people could handle that [kind of] pain and keep on going."

Even worse, his doctors warned him that he might never be able to play vigorously again. The idea was frightening for the Prince, who once said, rather enigmatically, "If I can't get exercise, I start clogging up."

Charles's slow and painful recuperation coincided with his annual stay at Balmoral—and yet there seemed to be no thought of his wife being by his side. Diana, who detests the damp moors and the endless rounds of fishing and hunting, remained, as usual, in London with Harry (the couple's elder son, William, is now attending boarding school).

But while this widening gulf might send many a wife (or husband) in search of a good divorce lawyer, don't look for either Diana or her prince to do so anytime soon.

They *could* *(continued)*

A MATCHLESS PAIR

If Charles and Diana had gone to a computer dating service when they were single, perhaps they wouldn't have gotten together . . .

HE LIKES	SHE LIKES
Hunting	Shopping
Fishing	Shopping
Polo	Polo (The Ralph Lauren kind)
Verdi operas	Phil Collins concerts
Philosophizing	Gossiping
Autumn in Scotland	Winter in the Caribbean
Lady Dale "Kanga" Tryon	King Juan Carlos
Their sons	Their sons
Being a royal	Being a royal

(continued) certainly get divorced just as easily as any ordinary couple, but British tradition dictates that is highly unlikely. As the future King, and hence the future head of the Church of England, Charles is supposed to uphold the institution of marriage.

Yet it is more than tradition that will keep Diana and Charles together, knowledgeable observers say. "They share a fantastic mutual love of their children," Dempster says. "There really is no question of them separating. They'll just carry on their lives as usual."

Also uniting them, friends say, is the surprising respect they have for each other. "Charles is enormously proud of her achievements and her ability to cope so successfully with a life she wasn't born into," says one associate.

And Diana is far from being bored by Charles's campaigning for causes as varied as architecture and the environment; in fact, she loves to hear about his projects and frequently asks for his advice on how to deal with her own commitments.

One thing is certain, however. Until Charles and Diana's chilly marriage grows a little warmer, until they fall in love with each other again, they are unlikely to have any more children. For the Princess, it would be a fairy tale come true indeed if their love could be rekindled. Then she could have the large family she has always dreamed of—and the loving husband she undoubtedly longs for.

—SUSIE PEARSON

THE SHOW THAT WOULD NOT DIE

Low ratings can scare off a television vampire quicker than garlic. But they couldn't keep Dracula down for the count, and now another great ghoul has risen from the undead. Twenty years after the demise of the gothic soap opera *Dark Shadows*, that suave, two-hundred-year-old fangster Barnabas Collins and his clan are winging back to TV—and this time, they'll fly by night.

Executive producer Dan Curtis believes it's a good time to revive the groundbreaking saga. "There is a need in television today to satisfy an increasingly sophisticated viewing audience," says Curtis, who created the series in 1966. "And *Dark Shadows* has never died in the hearts of fans."

Perhaps best remembered for its eerie music, creepy sets and sexy, blood-tinged suds, *Dark Shadows* drew a new audience: It was the first daytime serial to attract a large contingent of teenage viewers. Although creative difficulties and changing tastes finally drove the show from network TV in 1971, it gained cult momentum in syndication. Today, interest in *Dark Shadows* is being kept alive by a twenty-thousand-member fan club, which has helped bring about the release of the early episodes on home video and the publication of *The Dark Shadows Companion* (Pomegranate Press, 1990).

The original show—cursed by a low budget and a lack of rehearsal time—was sometimes more frightful than frightening. "On camera, I'd forget lines, I'd forget names—it was dreadful," says sixty-six-year-old Jonathan Frid, who played Barnabas the first time around—and currently tours in a one-man show that includes readings from the works of Edgar Allan Poe and Stephen King. "Even so, the fans forgave us our sins."

BARNABAS COLLINS, TWICE BITTEN: JONATHAN FRID (INSET) PASSES HIS CURSED CAPE TO BEN CROSS (LEFT) IN THE NEW, PRIME-TIME *DARK SHADOWS*

Such ghastly gaffes won't haunt the new hour-long version, which promises to benefit from a bigger budget, better pacing and an infusion of big names—including Ben Cross (*Chariots of Fire*) as Barnabas and Emmy Award–winner Jean Simmons (*The Thorn Birds*) as matriarch Elizabeth Collins Stoddard. "They are doing so much blood and gore that I don't know if I'll be able to watch it!" says Simmons, sixty-two, who watched the original every day with her two daughters. "But working on the new show has brought back fabulous memories."

Or nightmares, as the case may be—stay tuned. —DEAN LAMANNA

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Sunlight. We make light work of dishes.

LEAD ALERT: IS YOUR CHILD AT RISK?

Late last year, auditors for the Environmental Protection Agency warned that thousands of American schoolchildren could be drinking water that contains dangerously high levels of lead.

Inspectors visited thirteen school districts in the Mid-Atlantic region to spot-check whether antiquated plumbing was leaching lead into the water supply. The Lead Contamination Control Act of 1988 requires that water in schools be tested for lead. But the auditors discovered that three of the districts had not tested for the substance; eight of the ten that did test were found to have tainted water. EPA officials say they don't yet know just how widespread the problem might be in other areas of the country.

SOME SCHOOLCHILDREN ACROSS THE COUNTRY MAY BE DRINKING DANGEROUS WATER FROM ANTIQUATED FOUNTAINS

"It frightens me that no matter how well I protect my children at home, they could be hurt just from drinking water at school," says forty-year-old Cynthia Kaufman, whose daughters, ages seven and nine, attend Glenallan Elementary School in the Montgomery County School District, in Wheaton, Maryland—one of the schools that tested positive.

Like Kaufman, other parents wonder why the law hasn't worked. Says Sean McElheny, an EPA spokesperson, the law "did not provide enforcement provisions or federal funding, so the states and the school districts were left with the responsibility of implementing it." Most states merely recommend that schools test the water, and many school administrators say they don't have the funds to conduct the testing.

Children are most susceptible to lead poisoning, which can cause brain and kidney damage, comas and even death. Low doses that would have little effect on adults can reduce a child's IQ, impair learning skills or damage hearing. The government estimates that at least 16 percent of children in the United States have enough lead in their blood to cause damage.

What you can do

Parents should pressure their school districts to test all water used for drinking or cooking. Complaints should also be registered with the State Department of Public Health or the state EPA office. Parents can also write to their congressmen to request funding for the tests and to encourage them to pass laws penalizing schools that don't comply.

The Centers for Disease Control recommends that children ages nine months to six years be screened for lead poisoning. Your child's pediatrician can do this through a blood test. For more information, write to the EPA's Public Information Center, 401 M Street, SW, Washington, D.C. 20460. Or call the Alliance to End Childhood Lead Poisoning at 202-543-1147.

—BARBARA BURGOWER

look who's talking

Last November 22, Margaret Thatcher stepped down as Great Britain's Prime Minister after eleven and a half years—the longest continuous reign in more than a century. Here's how some other leaders saluted her—and how she said good-bye:

"She is a womanly woman, and I was always aware of it." —Former President Ronald Reagan

"Lips like Marilyn Monroe and eyes like Caligula." —French President François Mitterrand, describing Thatcher as attractive but dangerous

"She amounts to more than those who have turned upon her in recent days." —Labour Party leader Neil Kinnock, one of Thatcher's greatest foes

"I'm enjoying this." —Margaret Thatcher, in her last fiery debate before Parliament

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*The Downy® Refill costs less per use than regular Downy.

SMARTER SHOPPING IN STORE

Most consumers know that the foods they buy can seriously affect their health, but many can't make sense of conflicting nutritional statements. Now, thanks to a new federal law, shoppers will soon be better able to decipher what's in the products displayed on their supermarket shelves.

"It's a major victory for consumers," says Bruce Silverglade, legal director of the Center for Science in the Public Interest in Washington, D.C. "This will put an end to outlandish claims for foods, and give shoppers the information they need to make healthier decisions about what they eat."

The law will bring about the first major revision of Food and Drug Administration (FDA) rules in seventeen years and will affect more than twenty thousand grocery items. Labels must list serving size, number of servings per container, number of calories per serving, and number of calories from fat per serving. They must also state the exact amounts of saturated fat, cholesterol, sodium, sugars, fiber, protein, total carbohydrates and complex carbohydrates. For nonpackaged goods such as produce and seafood, stores must post this same information. (Meat and poultry are regulated by the Department of Agriculture.)

The law also addresses the controversial area of health claims. For the past three years, companies were able to make broad and often unfounded statements about *supposed* health benefits. But now the FDA will allow manufacturers to use only claims based on scientific proof. For instance, instead of boasting that their product is able to stave off heart disease, companies might have to say simply that any food low in saturated fat, when part of a reasonable diet, can help reduce the chances of getting the disease. The government will also come up with standard definitions of such buzzwords as "light," "natural" "low-fat" and "high-fiber."

Although the new rules won't be mandatory for about two years, shoppers should see changes almost immediately. "As soon as the [FDA clarifies the rules], companies will move," says Jeffrey Nedelman, a spokesperson for the Grocery Manufacturers of America. "The food industry wants to do the right thing." —LINDA MARSA

THE LHJ '90s NETWORK TELL US WHAT YOU THINK

This month, we celebrate the birthdays of two fabled presidents: George Washington and Abraham Lincoln. But as politics has changed, so has the way some of us feel about the presidency.

Would you want your daughter or son to grow up to be president someday?

A) Yes, I'd be proud to have my child serve as the leader of our country

B) No. Politics is too nasty; the job is too tough

Call 900-370-5626 from January 16 to February 15 to vote. The first minute costs you seventy-five cents; each minute thereafter costs fifty cents. You must use a touch-tone phone.

"NEVER SAY NEVER"

As U.S. Labor Secretary—and the only female member of the Bush Cabinet—Elizabeth Dole, fifty-four, was one of the most powerful women in Washington. But last fall she announced that after twenty-five years in government she was switching to the private sector to become president of the American Red Cross. (The job previously paid $185,000 a year.)

Some experts think that by taking a job that will give her visibility *and* flexibility, Dole is actually making a move toward elective office. Says GOP strategist Roger Stone, "She's presidential material." Others suspect that she'll first head back to her native North Carolina, perhaps seeking to replace Republican Governor James G. Martin, who is leaving office in 1992.

If Dole (who's married to Kansas Senator Robert Dole, the Senate minority leader and a presidential primary candidate himself in 1988) harbors such ambitions, she's not saying. "I have no plans to run," she says. But then, in the time-honored fashion of politicians who want to leave the door open, she adds archly, "You never say never. I've learned that in this town."

—MAUREEN SANTINI

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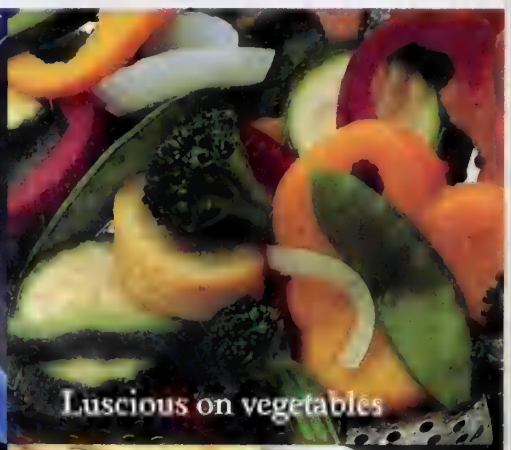

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WHAT'S HOT

What do the King of England, Fred Flintstone and Babe Ruth have in common? Roseanne's TV hubby will play them all—when he isn't playing with his real-life baby daughter

POOR JOHN GOODMAN. OH, SURE, THE BIG GUY CAN COMMAND A MILLION dollars a movie. He has a hit TV series, an attractive young wife and an adorable six-month-old daughter. He's traded in his tenement apartment in New York for a breathtaking five-bedroom house in the Hollywood Hills. There's even a red convertible Miata sports car in the garage—a gift from Steven Spielberg, with whom Goodman worked on the films *Always*, *Arachnophobia* and the upcoming *The Flintstones*. (Memo to Mr. Spielberg: Next time, send something roomier. At six two and a reported 260 pounds—even after losing forty-five—Goodman gets a crick in his neck when the top is on.)

But as he sits staring out the sliding doors from his den onto the giant patio, yawning at the view of the canyon below, something seems missing from John Goodman's life. Dressed in a blue polo shirt and baggy jeans, he at first appears distracted, uneasy, even a little worn down. What could this jolly giant possibly be lacking now that he has fame, fortune and a fantastic family?

How about the time and energy to enjoy them?

JOHN GOODMAN THE BUSIEST GUY AROUND

By Eric Sherman

It's hard to keep a Goodman down. After a whirlwind year in which he wed model Annabeth Hartzog, twenty-two, became a father to baby Molly, lost weight, continued working on the topsy-turvy set of *Roseanne* and cranked out three new films (the most recent, a comedy with Peter O'Toole called *King Ralph*, opens February 15), the thirty-eight-year-old actor yawns a lot. "I'm happy as a clam, but I'm real tired," he admits. "I've got no kick. I've been having dreams lately about missing exams in college."

When I first interviewed John for *LHJ* two years ago, he was like a hyperactive schoolkid about to be sent to the principal's office. He told jokes, he did impersonations, he constantly clowned around. Yet even then, just as his sudden notoriety and unlikely sex symbol status were beginning to sink in, he was already nervous about the price of fame. At the time, he was also somewhat jealous of his Ralph Kramden-esque TV character, Dan Conner—a man short on funds but always in the black when it comes to a loving family. Quite simply, John Goodman was lonely. Despite all his new wealth and nervous-making fame, he still wanted a normal, middle-class life, with a nice suburban home, a wife, kids, two cars in the garage and a basketball hoop in the driveway. Now he has them all—even the basketball hoop. But has Big John bitten off more than he can chew?

"Nah, I'm tired, but *good* tired," he says with a smile. "They say your life expectancy goes up when you're married, and I believe it."

He takes a sip of diet Coke and puts the glass back on the table. Goodman is not the coaster type. "I used to be tired for the wrong reasons—be out all night," he says. Before he got married, he and his buddy, another soon-to-be-superstar named Bruce Willis, were regulars on the New York/L.A. hangover circuit—hitting bars, downing beers, sowing their proverbial wild oats.

Goodman insists he had never given up on getting married one day; he'd just stopped looking. "I was just drifting along," he recalls, "playing everything day by day, and love caught me by the ear and dragged me into the church. It just worked *(continued)*

A Chinese New Year Recipe For Good Luck.

MAKE SOME NOISE.
The most distinctive part of Chinese New Year is the loud celebrations. Drums, gongs and firecrackers frighten all the bad spirits from earth.

LEAVE YOUR WORDS HANGING.

Enhance your luck by pasting up Chinese words of good fortune alongside and over doors. This year's New Year festivities begin February 15th, so start hanging.

GIVE A FORTUNE IN SMALL CHANGE.

Givers and receivers of individual packets of small coins wrapped in bright red paper called "Lai See" will have good fortune.

EAT YOUR WAY TO GOOD LUCK.

Preparation of the New Year meal is one of the most important steps of all. Good reason to prepare it with Kikkoman. After all, for over 360 years, Kikkoman has been naturally brewing soy sauce to ensure quality in taste. Here are a few suggestions.

JADE & RUBY STIR-FRY

1 whole boneless, skinless chicken breast
1 pound fresh broccoli
2 Tbsp. vegetable oil
1 onion, chunked
2 red bell peppers, chunked
½ pound fresh mushrooms, quartered
⅓ cup Kikkoman Stir-Fry Sauce
¼ teaspoon crushed red pepper

Cut chicken into 1-inch square pieces. Cut broccoli flowerets into bite-size pieces and peeled stalks into thin slices. Heat oil in hot wok or large skillet over high heat. Add chicken; stir-fry 1 minute. Add broccoli and onion; stir-fry 1 minute. Add 2 Tbsp. water; cover and cook 2 minutes, stirring once. Add bell peppers and mushrooms; stir-fry 2 minutes. Add stir-fry sauce and crushed red pepper. Cook, stirring, until chicken and vegetables are coated with sauce.
Makes 4 to 6 servings.

SHRIMP FRIED RICE

Mix 2 eggs and 2 Tbsp. water; set aside. Heat **2 Tbsp. oil** in hot wok or skillet over medium heat. Add **3 green onions,** chopped; stir-fry 30 seconds. Add egg mixture; scramble. Stir in **3 cups cold cooked rice,** gently separating grains. Add **¼ pound cooked baby shrimp and 3 Tbsp. Kikkoman Lite Soy Sauce;** cook, stirring, until thoroughly heated.
Makes 6 servings.

K I K K O M A N

For "A Parade of Chinese Specialties" recipe leaflet, send a S.A.S.E. to: Kikkoman International Inc., Dept. CS6H, P.O. Box 784, San Francisco, CA 94101.

WHAT'S HOT

(continued) out fine. This happiness kind of landed on me."

He's still friends with Willis—another man who's now married (to *Ghost* star Demi Moore) and a father—but he's cut down on his socializing. "I no longer have time for a social life, but by the same token, I really don't care for it," he says. "I've had a social life up the kazoo. I like going to bed at nine o'clock. I like watching TV, reading the paper, and hanging out with my wife and just watching the baby."

"I'm happy as a clam," says Goodman, with Barr (above). In *King Ralph* (top right), he plays a lounge singer who's become King of England. Off-screen, John holds court with wife Annabeth

The portable phone on the couch by his lap rings. It's his wife, letting him know that she and the baby (who have been out visiting a friend) will be home in a few minutes.

Goodman puts the phone back down, smiling. If he was zonked before, talking to his wife has rejuvenated him. He reaches for a packet of photos by the phone. Hmmm, wonder if there might be just one or two baby pictures in here?

"Here's Molly looking happy," he says, handing over the first of the Baby-in-Bonnet series. "Oh, now she's brooding—that's a cool one. Here she's introspective. Here she's crossing her eyes—is this kid a talent, or what? Oooh—this is it! This is my favorite!" Beaming, he proudly hands over a photo of little Molly staring into the distance, deep in thought—or perhaps she's squelching a belch. "Don't you love it?" says Goodman, his voice turning deep and dramatic: "Baby as Hamlet."

As if on cue, Annabeth, a petite brunet with lively brown eyes, comes in with Molly asleep on her shoulder. "Ah, and here comes the lovely post-fetus now," Goodman says, and then, his voice lowered in mock secrecy, adds: "We caught her smoking the other day. Had to punish her. No driving the car for a week."

Goodman kisses his wife, and smiles at his daughter.

John and Annabeth both wanted a family—but not quite this soon. Molly was born two months prior to their first wedding anniversary; as a gift to each other, they christened her the day after their anniversary. Although they'd both like to have more kids, John says, "We're going to put the brakes on for a while."

The couple met in New Orleans, while Goodman was filming *Everybody's All-American*. He and co-star Dennis Quaid were at a club named Tipitina's when a mutual friend introduced John to Annabeth, then a student at the University of New Orleans. Goodman took one look at her and became like a tongue-tied teenager approached by the homecoming queen. He did the only thing in his power: He acted like an idiot.

"Here's this beautiful girl staring at me," John says. "I tried to talk, but all that came out was Argh . . . aga, agh."

When Goodman regained the power of speech a few days later, he tracked her down through the mutual friend and wasted no time in asking her out. They had only been dating seriously for four months when John popped the question.

So what advice does this old married man give his bachelor friends about taking the plunge? "I recommend it highly."

Playfully, Annabeth interrupts as she bounces the baby gently. "Don't lie, honey."

"All right," John says jokingly. "Get back in the kitchen and take your shoes off."

Annabeth begins to laugh as Molly squirms on her shoulder. "I've had more fun with John than I've had in a really long time," she says.

"Since Vietnam, wasn't it, honey?" hubby chimes in, grinning.

"We're a lot like each other," Annabeth says. "John's nothing like you'd expect from a star. He's just a normal guy. That's probably one reason he gets along so well with my dad. If there's one thing my dad can't stand, it's a fake. And they get along really well."

A man who actually adores his in-laws—what a mensch! In fact, Goodman's father-in-law gave the couple some land next to his in Bogalusa as a wedding present. John and Annabeth have built a house on it, and they go there whenever John gets time off. Forget skiing down the celeb-packed slopes of Aspen. When he's not playing golf in L.A., Goodman loves to spend his limited free time in the middle of a secluded lake in Louisiana fishing with his father-in-law. (Goodman's own father died when he was two.) He and Annabeth also try to get to St. Louis often to visit his seventy-one-year-old mom, his brother, Les, a salesman for Sears, Roebuck & Co., and his sister, Betty, a housewife.

Whoops—Molly has awakened and is beginning to cry. "Oh-oh, I think I know the problem," Mama says, feeling baby's bottom. She excuses herself.

"Thank you for coming," John calls out, waving good-bye to his wife and daughter. "We have lovely door prizes on the way out."

After they leave, he sits quietly for a minute, smiling. Even in just these few months, Goodman can see that fatherhood has changed his life *(continued on page 72)*

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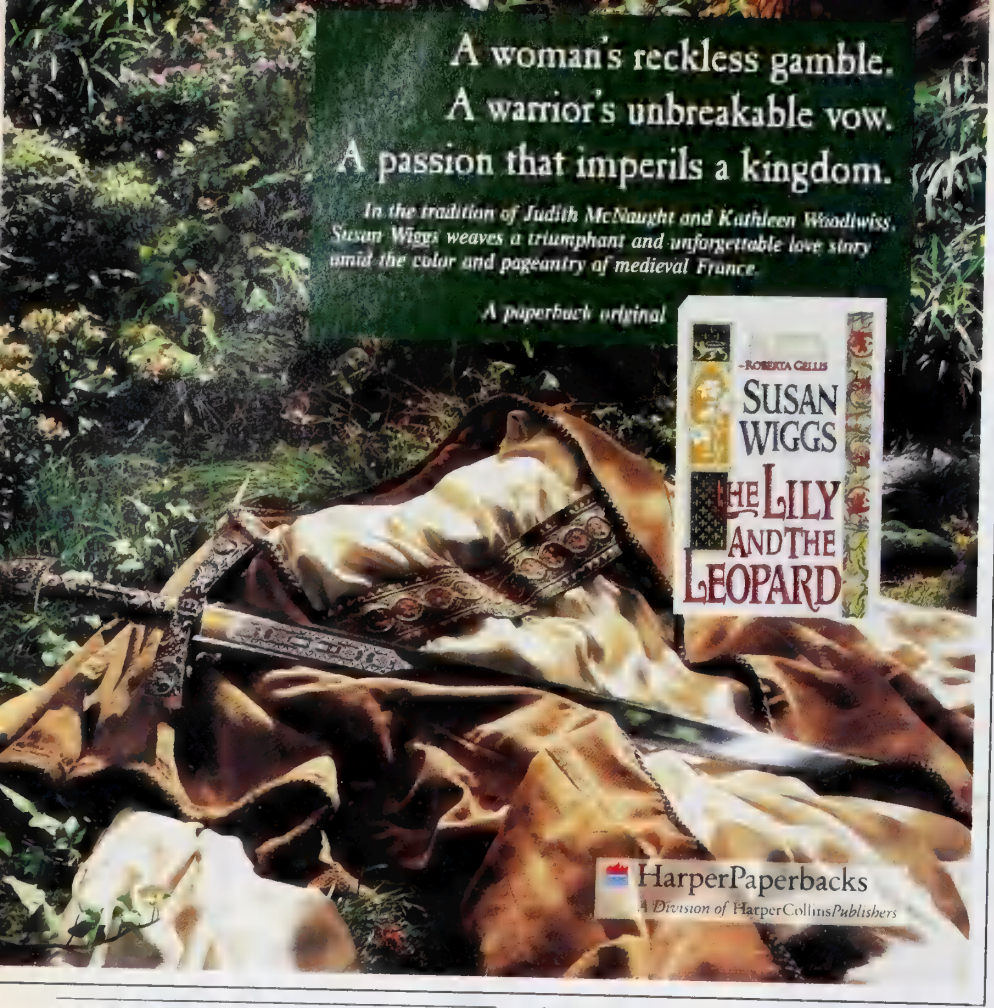

WHAT'S HOT

continued from page 68

forever. "I worry about things a lot more," he says. "*Jeez*. Just little things. Traffic, pollution, the environment, global nonsense. I worry about my daughter and the price of fame—my fame catching up with her. You hear all the time about screwy Hollywood kids and things that happen to celebrities' children. That concerns me. A great deal."

And that's not all John Goodman frets about. Each week, he agonizes over his performance on *Roseanne*—despite the fact that he's been nominated for an Emmy twice, in 1989 and 1990. Goodman owes much of his success to the highly rated sitcom. But the behind-the-scenes controversy has also put him in an awkward situation. Reportedly, the *Roseanne* set is rife with tension and Barr is difficult to work with. Are the stories true? "Hell, no," John says. "We have a ball, we really do. I love Rosie."

Nonetheless, he does admit that not long into the first season, when Barr and then-executive producer Matt Williams were locked in battle over how the show should proceed, he considered quitting. What kept him there? "A good healthy fear of lawyers," he says, shrugging. "I signed a contract."

Would he want to leave if he wasn't contractually obligated? "I don't think so," he says. "I've got a pretty sweet deal right now." What about the rumor that he is the only thing holding the tense set together? "Oh, that's a lot of crap," he says angrily.

In fact, Goodman insists that *he* is the one who is sometimes too intense on the set. "I could lighten up a little more," he says. "Rosie's a lot easier about it than I am. I think I used to freak her out when I'd get so pissed off and go back and smack a wall or something. She didn't understand it."

"I was just drifting along," says Goodman, "and love caught me by the ear and dragged me into the church."

It's hard to imagine that this lovable Saint Bernard of a man could also have a dark side. "I can be difficult," he says. "I can be a real jerk. I try to treat everyone with courtesy, but there are times when I don't. It's just that something else takes over. I just get tense, blow up, hit things. Then it's over with. I used to do it a lot more than I do now."

Still, it's tough not to be overwhelmed by the pressure of stardom. "I don't know why anybody would want to be famous," he says. "I miss the anonymity. It's hard to be a plain, average Joe when people trip all over themselves trying to catch you."

John smiles for a moment. "Actually, I don't want to be an average Joe. I always wanted to be an *above*-average Joe. I like to be a well-rounded guy. I'd just like to get out of the fishbowl for a while. Or maybe get into a smaller fishbowl. At least if they'd change the water once in a while and get some good-looking marbles on the bottom. Little castles would suit me . . ." he says, warming to the idea.

One of the positive aspects of fame, however, is that John Goodman is on a pretty hot actor. Why not relax a little? He still believes that at any moment someone will pull the plug and this wonderful dream will crash. "I'm cutting down," he insists. "But you've got to strike while the iron is hot. Besides, I enjoy acting too much."

In a bit of brilliant casting, Goodman has been signed to play Fred Flintstone for Steven Spielberg's live-action film version of the famous TV cartoon, and he's also made a commitment to do a motion-picture biography of Babe Ruth. A third film, *Barton Fink*, an offbeat comedy from the Coen brothers (who gave Goodman his big movie break in *Raising Arizona*), is in the can, ready to go.

But in the last year, Goodman has been hard at work on himself, as well. The actor has spent much of his adult life bouncing from one fad diet to the next, until his weight finally ballooned to over 300 pounds. "It's embarrassing," he says. "Just embarrassing. With the help of a nutritionist, Goodman lost forty-five pounds before going to London to shoot *King Ralph*. Since returning, he admits to "backsliding"—eating poorly and putting on a few pounds (he won't say how many). But, he insists, "I've put the clamps on it." He's seeing the nutritionist again who plans meals with Annabeth. He continues to walk 3.5 miles a day around the Hollywood Reservoir, and then comes home and hits the stair machine. "I want to do it right, do it nice and slow, take my time with it, but get the weight off—and keep it off," he says.

With that, Goodman lets out a giant yawn. "Pardon me," he says sheepishly. Perhaps it's time to end our talk so that Daddy can join Molly in a nap.

"Right now," he says, with all the energy he can muster, "I wouldn't switch places with anybody." ■

Eric Sherman is a contributing editor of the Journal.

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FICTION

MOVING DAY

Her parents have decided to sell off the family home. She's got a life of her own now, so why does she feel as if she's about to lose a piece of herself?

By Patricia Volk

"Who wants their tee-eeth?" Ma says, taking an envelope out of her apron.

Ma is going to start out completely new in Florida. Her idea is to get on a plane with no luggage, only her pocketbook and cosmetic case, and move into a completely new house. There she will furnish from scratch, down to the teaspoons. She is not even taking her crystal. The past two times I've come to visit, she hasn't worn her wedding ring.

"Last chance for tee-eeth!" Ma waves the envelope in the air. My sister Sukey and I are sitting at the breakfast-room table. We've come back home today to help. It's the last meal the four of us will ever have around this table in this house where I was a child thirty years ago. To celebrate, Dad's serving his beans. We talk, again, about taking Dad's beans national. He makes the best beans in the world. You don't even know you're eating beans when you eat Dad's beans. He makes five varieties—Cecil's Beans Plain, Cecil's Beans With Chicken, Cecil's Beans With Sausage, Cecil's Beans With Beef and Cecil's Beans With Garlic. This country has never known truly great beans, and my sister and I think it's ready. They're beans al dente; you have to chew on them a long time. Sukey and I think this country is ready to rethink beans. We've already figured out the label, brown butcher paper printed with gold. That echoes the concept: Humble meets dazzle.

"I'm not dragging these teeth with me," Ma says. She shakes the battered envelope up and down. It's the kind wedding invitations come in. She tears off a corner, tips it. Crumbs of baby teeth tumble to the table.

"Whose are they?" Sukey asks.

"You girls decide."

Dad picks out a molar with three fillings in it.

"This one looks like it's been *shot*," he says. "Whose is this?"

"Mine!" Sukey and I say at the same time.

Then we all start picking through the teeth. We pass the interesting ones around. They don't look like teeth anymore. Most of them are cracked and broken. Shards, really. You can split them with your fingernail. The roots are shriveled. Some need brushing. More than anything they resemble unpopped corn. One tooth stands out. It is tiny, white and so perfect it could be set in a child's ring.

"Isn't this Dukie's?" I ask.

Ma rolls her eyes. "Why would I save a dog's tooth?"

"How come you mixed our teeth together, Ma?" Sukey wants to know.

"The tooth fairy mixed them up, didn't she, Ma?" I say.

"Fine with me, girls." Ma starts to scoop them up. "If you don't want your teeth, I'll dispose of them."

"Let's bury them!" I say.

"Yeah!" Sukey says. "Let's bury them where we buried Dukie!"

"No," I change my mind. "Let's wait till this *(continued)*

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MOVING DAY
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mer and throw them in Schroon
e. I'm going to have my ashes scat-
d in Schroon Lake, and I'd like to
o everything together."
sip my coffee and think of all the
d times I've had at Schroon Lake.
You could bury them here," Ma
s. "This is the house you grew up in."
But part of me is already in the
, Ma. I've gone swimming in that
every summer of my life."
Part of you is here, too. You used
bathtub in this house. We have a
ic tank."
Ma," I explain. "Swimming is dif-
nt from going down the drain."
e begin to clear the table. We
k the paper cups and plates. Ma's
the dishes. And except for milk,
s stopped buying food. She and Dad
planning to live on whatever's
in the house until moving day.
y're going to finish off the freezer,
ge and cabinets. Just eat what's
even if they get beriberi doing it.
morning we come to take them to
airport, Sukey and I will probably
them sitting on the floor eating
fed olives, Ritz crackers and hoisin
ce for breakfast.
Ia stays busy finding more things
use up, throw out and sell. She
nts to go to her new house clean. It's
last house, she says, and she wants
o have nothing from the past. It's a
lder's model in Boca Raton, Florida.
got thirty-foot-high ceilings, bath-
ns bigger than living rooms and
ets the size of apartments. They
they're moving because they don't
cold. But they hate the sun.
y're always being treated for skin
cer. Still, they hate the cold more.
ich means they hate the cold more
n they hate skin cancer.
he mournful thing is, I'm not get-
anything I want from the house I
w up in. Neither is Sukey. Ma's
ing it all. The dealers have already
n by. They've skimmed the cream.
ay we helped Ma get ready for the
tag sale. After that there's the "B"
sale. Then the Pennysaver. Then
Salvation Army.
Ma! You're selling the mono-
mmed place plates?"
Yes."
The Capo di Monte lamp?"
Yes."
The Syrie Maugham sofa? The
nze pheasant?"
When you really want a bronze
asant, you can buy your own."
But I'll buy *ours*, Ma!"
No!"
But that's the family bronze pheas-
! Nana's bronze pheasant!"

"I could never take money from my children," she says, pressing a self-adhesive white tag onto the bird's neck.

So we are losing everything except our baby teeth.

In the garage we find shovels and a flashlight. It's cold, but we skip the coats.

"I'm coming, Dad," Sukey says as we head toward Dukie's grave. "I'm coming the day of the tag sale, and I'm buying everything I want."

"The people who run the tag sale say *no family*."

"Dad," Sukey says. "Those people are working for *you*."

"Family gets too emotional. It disrupts the sale." He's walking with his head down. If it was up to him, he'd give us anything. *You like it, Pussycat?* he'd say. *It's yours.*

"I'm coming too," I tell Dad. "I'll wear a wig and dark glasses. I'll stuff my clothes. You'll never know it's me. But I'll be there."

We make our way across the lawn to the tree line in back of the house. The people who bought the house will be tearing it down. They don't like the house. They bought it for the land. Dad shines the light on the dogwood we planted over Dukie's grave. Dukie's leather collar with the license on it still hangs *(continued on page 82)*

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GALLBLADDER SURGERY.

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hat you should know about gallstones.

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If, however, ur doctor has d you that you need surgery, d you can't or won't have it, your doctor y prescribe Actigall,® ursodiol.

hat is Actigall?

Actigall is an oral medication that is pre-ibed for patients who either can't or won't ve surgery and who have symptomatic olesterol gallstones that are small in size ss than 20mm in diameter). Taken in cap-e form, Actigall is a naturally occurring ent intended to dissolve the most common pe of gallstones.

Actigall has been safely used in other countries for over 10 years and is available in the U.S. As with all prescription medications, Actigall may cause side effects. The most common side effect is diarrhea, which occurs in less than 1% of all patients.

Actigall therapy may take six to 24 months, and dissolution may not occur in all cases. Recurrence of gallstones within five years of complete dissolution has been observed in up to 50% of patients.*

Ask your doctor.

Only your doctor can decide if Actigall is right for you.

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ursodiol
300-mg capsules

A message from Summit Pharmaceuticals.
Division of CIBA-GEIGY Corporation.

*See brief summary of Prescribing Information on next page.

oral therapy

actigall®

ursodiol

300-mg capsules

Caution: Federal law prohibits dispensing without prescription.

BRIEF SUMMARY. (FOR FULL PRESCRIBING INFORMATION, SEE PACKAGE INSERT.)

SPECIAL NOTE

Gallbladder stone dissolution with Actigall treatment requires months of therapy. Complete dissolution does not occur in all patients and recurrence of stones within 5 years has been observed in up to 50% of patients who do dissolve their stones on bile acid therapy. Patients should be carefully selected for therapy with ursodiol, and alternative therapies should be considered.

ALTERNATIVE THERAPIES

Watchful Waiting

Watchful waiting has the advantage that no therapy may ever be required. For patients with silent or minimally symptomatic stones, the rate of development of moderate to severe symptoms or gallstone complications is estimated to be between 2% and 6% per year, leading to a cumulative rate of 7% to 27% in five years. Presumably the rate is higher for patients already having symptoms.

Cholecystectomy

Surgery offers the advantage of immediate and permanent stone removal, but carries a high risk in some patients. About 5% of cholecystectomized patients have residual symptoms or retained common duct stones. The spectrum of surgical risk varies as a function of age and the presence of disease other than cholelithiasis.

INDICATIONS AND USAGE

Actigall is indicated for patients with radiolucent, noncalcified, gallbladder stones <20 mm in greatest diameter in whom elective cholecystectomy would be undertaken except for the presence of increased surgical risk due to systemic disease, advanced age, idiosyncratic reaction to general anesthesia, or for those patients who refuse surgery. Safety of use of Actigall beyond 24 months is not established.

CONTRAINDICATIONS

1. Actigall will not dissolve calcified cholesterol stones, radiopaque stones or radiolucent bile pigment stones. Hence, patients with such stones are not candidates for Actigall therapy.
2. Patients with compelling reasons for cholecystectomy including unremitting acute cholecystitis, cholangitis, biliary obstruction, gallstone pancreatitis or biliary-gastrointestinal fistula are not candidates for Actigall therapy.
3. Allergy to bile acids.

PRECAUTIONS

Liver Tests

Ursodiol therapy has not been associated with liver damage. Lithocholic acid, a naturally occurring bile acid, is known to be a liver-toxic metabolite. This bile acid is formed in the gut from ursodiol less efficiently and in smaller amounts than that seen from chenodiol. Lithocholic acid is detoxified in the liver by sulfation and although man appears to be an efficient sulfater, it is possible that some patients may have a congenital or acquired deficiency in sulfation, thereby predisposing them to lithocholate-induced liver damage.

Abnormalities in liver enzymes have not been associated with Actigall therapy and in fact Actigall has been shown to decrease liver enzyme levels in liver disease. However, patients given Actigall should have SGOT (AST) and SGPT (ALT) measured at the initiation of therapy and thereafter as indicated by the particular clinical circumstances.

Drug Interactions

Bile acid sequestering agents such as cholestyramine and colestipol may interfere with the action of Actigall by reducing its absorption. Aluminum-based antacids have been shown to adsorb bile acids *in vitro* and may be expected to interfere with Actigall in the same manner as the bile acid sequestering agents. Estrogens, oral contraceptives and clofibrate (and perhaps other lipid-lowering drugs) increase hepatic cholesterol secretion and encourage cholesterol gallstone formation and hence may counteract the effectiveness of Actigall.

Carcinogenesis, Mutagenesis, and Impairment of Fertility

Carcinogenicity studies with Actigall in animals are in progress. A 78-week rat study employing intrarectal instillation of lithocholic acid and tauro-deoxycholic acid, metabolites of ursodiol and chenodiol, has been conducted. These bile acids alone did not produce any tumors. A tumor-promoting effect of both metabolites was observed when they were co-administered with a carcinogenic agent. Results of epidemiologic studies suggest that bile acids might be involved in the pathogenesis of human colon cancer in patients who had undergone a cholecystectomy, but direct evidence is lacking. Ursodiol is not mutagenic in the Ames test. Dietary administration of lithocholic acid to chickens is reported to cause hepatic adenomatous hyperplasia.

Pregnancy Category B

Reproduction studies have been performed in rats and rabbits with ursodiol doses up to 200-fold the therapeutic dose and have revealed no evidence of impaired fertility or harm to the fetus at doses of 20- to 100-fold the human dose in rats and at 5-fold the human dose (highest dose tested) in rabbits. Studies employing 100- to 200-fold the human dose in rats have shown some reduction in fertility rate and litter size. There have been no adequate and well-controlled studies of the use of ursodiol in pregnant women, but inadvertent exposure of 4 women to therapeutic doses of the drug in the first trimester of pregnancy during the Actigall trials led to no evidence of effects on the fetus or newborn baby. Although it seems unlikely, the possibility that ursodiol can cause fetal harm cannot be ruled out; hence, the drug is not recommended for use during pregnancy.

Nursing Mothers

It is not known whether ursodiol is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when Actigall is administered to a nursing mother.

Pediatric Use

The safety and effectiveness of Actigall in children have not been established.

ADVERSE REACTIONS

Gastrointestinal

Actigall given in doses of 8-10 mg/kg/day rarely causes diarrhea (<1%). One study in which a placebo control was not used was associated with a 6% incidence of mild, transient diarrhea not requiring termination of therapy or lowering of Actigall dose. One patient with ulcerative colitis in the Actigall studies developed diarrhea on therapy. In the National Cooperative Gallstone Study, the incidence of diarrhea was 27.1% in the placebo group.

Dermatological

One patient in the Actigall studies with pre-existing psoriasis apparently developed exacerbation of itching on Actigall, which remitted on withdrawal of the drug.

Other

In two ongoing double-blind, placebo-controlled ursodiol studies in the U.S., for which the treatment codes have not yet been broken, the following minor events have been reported:

Pruritis, rash, urticaria, dry skin, sweating, hair thinning, nausea, vomiting, dyspepsia, metallic taste, abdominal pain, biliary pain, cholecystitis, diarrhea, constipation, stomatitis, flatulence, headache, fatigue, anxiety, depression, sleep disorder, arthralgia, myalgia, back pain, cough, rhinitis.

Since these studies are ongoing and blinded, incidence rates in the ursodiol and placebo groups cannot be calculated, nor has it been established whether the reactions listed are associated with ursodiol.

Overdosage

Neither accidental nor intentional overdosing with Actigall has been reported. Doses of Actigall in the range of 16-20 mg/kg/day have been tolerated for 6-37 months without symptoms by 7 patients. The LD_{50} for ursodiol in rats is over 5,000 mg/kg given over 7-10 days and over 7,500 mg/kg for mice. The most likely manifestation of severe overdose with Actigall would probably be diarrhea, which should be treated symptomatically.

DOSAGE AND ADMINISTRATION

The recommended dose for Actigall treatment of radiolucent gallbladder stones is 8-10 mg/kg/day given in 2 or 3 divided doses.

Ultrasound images of the gallbladder should be obtained at six-month intervals for the first year of Actigall therapy to monitor gallstone response. If gallstones appear to have dissolved, Actigall therapy should be continued and dissolution confirmed on a repeat ultrasound examination within one to three months. Most patients who eventually achieve complete stone dissolution will show partial or complete dissolution at the first on-treatment re-evaluation. If partial stone dissolution is not seen by 12 months of Actigall therapy, the likelihood of success is greatly reduced.

Do not store above 86°F (30°C). *Dispense in tight container, USP.*

Summit Pharmaceuticals. Dist. by: Summit Pharmaceuticals, Div. of CIBA-GEIGY Corp., Summit, NJ 07901. C90-41 (Rev. 8/90)

MOVING DAY

continued from page 79

there. It droops as if his old nose i sniffing the ground. The dirt is Dad starts the hole. Then my s who is older and always goes goes. Then me.

When the hole seems right, S and I each sprinkle some teeth in plays the light on them. Agains dark brown earth they sparkle look new again. They look like, u I know. They look like Cecil's Be

We stare at the teeth some then cover them in reverse order then Sukey, then Dad. We watch he stamps on the ground. I sniffle though I haven't thought about teeth once since they fell out.

"Ashes to ashes. Teeth to teeth, key says.

Then slowly we head for the h from the back lawn for the last and I think: Someday archaeolo will discover human baby teeth dog bones and make whole up st about us.

Dad pauses at the garage "What are you doing?"

I tell him I'll be in in a minute.

There's something strange abou night. I can't put my finger on can't quite tell what it is. But though it's strange, it's familiar. the reason it's strange is becaus familiar even though I can't plac

I stand out there in the sta moonless night, a night so dark I be blind, and try to figure it o stand there in the middle of the not seeing anything. I spread my and throw my head back. I take a breath through my nose. I breat hard my lungs shake. I breathe they're ready to pop, and . . . that's breathe again. Yes, that's definite It's the air. I breathe again. Yes, t it. It's the air of my youth. Air thirty years ago, right after the leaves were raked into piles and b the first snow. It smells like the r Ivan Plotnick threw gravel at my dow till I slipped a parka over nightgown and met him behind yew bushes. It's air with pine in it a dog not too far away.

I breathe till I can't smell it more. Smells disappear two ways. you get so used to them you stop n ing them. And two, there's no wa save them. The only thing that m you remember a smell is smellin You don't even realize it's gone, don't even miss it, until by chance smell it back again.

Patricia Volk's collection of sto "All It Takes," is being publi in paperback this month by Vintag

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The Flowers of Holland

oug Hague

the Danbury Mint

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g Hague was born in England's pottery His early interest in painting was encour- his father, an accomplished porcelain na painter. For more than 35 years, father have worked as partners on numerous ssions which now grace many famous col- s...including that of Queen Elizabeth II.

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REAL-LIFE MYSTERY

THE CASE OF THE CAREFUL BABY-SITTER

How could a healthy Midwestern toddler fall ill with a mysterious tropical infection? The experts were baffled—until one persistent sleuth found the bizarre but fascinating answer.

By Jonathan Edlow, M.D.

When Katie Wolz—a dark-eyed fourteen-month-old from Cape Girardeau, Missouri—developed diarrhea and a low-grade fever, her mother wasn't particularly concerned. "I thought it was one of those viruses kids are always getting," recalls Kathleen Wolz, an energetic, thirty-three-year-old lawyer. "Katie didn't *look* sick, so I put her on liquids and figured it would pass."

But Katie's diarrhea persisted, and when, a few days later—on July 20, 1988—her fever shot up to 102°F., her mother called the doctor.

Later that day, Jesse Ramsey, M.D., staff pediatrician at St. Francis Medical Center in Cape Girardeau, examined Katie. The problem, he said, was simple gastroenteritis.

Gastroenteritis is a generic term for a host of gastrointestinal ailments. Symptoms usually include nausea, vomiting and fever, frequently followed by abdominal cramping and diarrhea. Gastroenteritis can be caused by a variety of germs—bacteria, viruses, and parasites—as well as numerous toxins and poisons. Most patients recover fairly quickly; two or three days of bed rest and plenty of clear liquids usually enable the body to fight off the infection without antibiotics.

Because Katie didn't appear to be extremely ill, Dr. Ramsey reassured Mrs. Wolz that she was doing the right things for Katie. Still, he decided that a stool sample should be sent to the lab for analysis—a routine procedure.

Five days later, Dr. Ramsey received a call from the lab with test results that were anything but routine: A highly unusual bacterium was present in Katie's specimen. "It was one I had never heard of," recalls Dr. Ramsey, "*Plesiomonas shigelloides*." The doctor did some research and discovered that the bacterium—while extremely rare in the United States—is quite common in the tropics. Ramsey asked that Katie's sample be forwarded to the state lab in Jefferson City for confirmation. Then he called Mrs. Wolz.

"It was one of those 'Don't be alarmed, *but* . . .' phone calls," she remembers. *(continued)*

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The Heralding Angels Christmas Ornaments.

(continued) "The doctor told me Katie's culture was growing rare species of bacteria. What frightened me was that nobody seemed sure what to do next."

Tiny tropical invaders

Tucked away on the banks of the Mississippi River, about one hundred twenty miles south of St. Louis, Cape Girardeau is a college town with about forty thousand inhabitants. Though it's not an active port, an occasional riverboat loaded with tourists does tie up at the local docks. However, while Cape Girardeau might serve as a perfect setting for a Mark Twain novel, it is not particularly exotic—and it's certainly not tropical.

That's precisely what baffled Sue Tippen about the report in front of her on July 25. "I certainly don't expect subtropical diseases to be reported in southeastern Missouri," says Tippen, a communicable diseases coordinator for the Missouri Department of Health.

Like many other health-care professionals in North America, she had never heard of *Plesiomonas shigelloides*. Intrigued, Tippen headed for the library, and one thing soon became crystal clear: The tropical bacterium with the long name had no business in her jurisdiction!

First described in 1947, *Plesiomonas shigelloides* (PS) is related to the more notorious cholera bacillus and, like its bacterial cousin, only rarely causes human disease in the U.S.

Most local PS infections are linked with the consumption of undercooked shellfish, or recent travel to places with a warm climate. There is also evidence that contact with infected animals can transmit the bacterium.

Most PS infections affect the gastrointestinal tract; however, PS has also caused infections of the skin, joints, gallbladder, and blood. It has even been known to cause meningitis—infection of the membranes covering the brain and spinal cord. Although most adults experience mild PS symptoms that abate without treatment, some cases require antibiotics and hospitalization. A few cases of PS infection in children have even been fatal.

Gumshoe tactics

Because PS infection is so rare, U.S. authorities don't track it, and Tippen wasn't required to pursue the matter further. "But it piqued my interest," she says, "so I decided to investigate."

"Sue Tippen called me at work one day and asked if we'd been out of the country lately," recalls Kathleen Wolz. "I laughed, because with my busy schedule, we hardly go anywhere. Then we talked about other potential sources of Katie's infection." Kathleen told Tippen that over the Fourth of July weekend, the family had visited a local swimming spot, but that Katie had barely gone in the water.

As she continued to question Kathleen, Tippen discovered that the child drank only tap water. Since no other cases had been reported in the area, that seemed an unlikely source of infection. She also learned that the Wolz's only pet was a healthy cocker spaniel, and that shellfish was not on the toddler's menu. When Tippen found out that Katie attended a day-care facility, she decided to go there.

On August 12, 1988, Tippen visited the Kids' Korner, in Cape Girardeau, a clean, church-run facility. There were no animals in the infant room, where Katie and about ten other youngsters played. Furthermore, none of the other children at the facility were sick with the same illness Katie had.

But Tippen did learn that one of the day-care center employees, Marci Mann, baby-sat for Katie each Tuesday evening. Although she usually cared for the child at the Wolz home, she occasionally took her to her own apartment. Tippen casually asked whether Marci had any pets and learned that Marci and her husband had a dog, a cat and a large aquarium stocked with five piranhas, the tiny flesh-eating fish found primarily in the Amazon River in South America.

With this, Tippen felt a pulse of excitement. *Distinctly tropical!* And, just possibly, the missing link she was searching for.

But there was a problem: Even if the piranhas were carrying the bacteria, the fish were kept on a high shelf, and the aquarium had a lid. There was simply no way Katie could have gotten into the fish tank.

Making the connection

The following Tuesday evening, when Kathleen Wolz entered Marci's apartment to pick up Katie, she noticed that Marci's husband, Kevin, was feeding the fish. "Because the subject of fish had come up in conversations with Sue Tippen, Marci and I started talking about them," says Kathleen. "Then Kevin began to clean the tank, and it soon became clear that he was about to dump the water into the tub."

All of a sudden, everything clicked; Marci and Kathleen looked at each other and said, "the bathtub!"

"Katie loves to drink water from the tub," says Kathleen. "She especially likes to suck on the wet washclot

Kathleen explains that she has a s vere allergy to cats, so when Ma baby-sat Katie in her apartment, s would usually bathe the child a dress her in fresh clothes before h mother came for her. "The times didn't do that, my nose would close from the cat dander," Kathleen say

Armed with this new knowledge, T pen quickly sent some sample bottles Marci, who filled them with water fr the fish tank and forwarded them to t state lab to be cultured.

Two weeks later, test results on t water from the piranha tank confirm their suspicion: Water from the fi tank did indeed contain *Plesiomon shigelloides*

Tippen and Marci Mann agree th the tank water must have been empti into the tub on at least one occasi prior to Katie's bath. Although Ma usually cleaned the tub after Kev emptied the aquarium water into Tippen believes that ordinary cleans was not potent enough to kill all t bacteria—a thorough scrubbing wi bleach would have been necessary. T tub's moist environment made it a pe fect harbor for the PS bacteria, and K tie probably ingested it when s sucked on a wet washcloth that h been contaminated with the bacte that were clinging to the bottom a sides of the tub.

Happy endings

Shortly after the piranha episode, t Missouri Department of Heal launched its own investigation to dete mine whether fish tanks are often co taminated by PS. Public-health agen randomly sampled water from eighte aquariums in pet shops and priva homes across the state. Tests reveal that four of the eighteen tanks co tained PS. However, none of the fish those tanks—nor any of the fish owne or employees of the three pet sho where positive tests appeared—were sic

During the week following her visit Dr. Ramsey, Katie's illness cleared u Her symptoms abated, and follow-u cultures showed that her body had go ten rid of the bacteria.

Today, Marci and her husband st have their piranhas, and Marci st takes care of Katie. However, the car ful baby-sitter did make *one* importa change in her routine: She and her hu band stopped pouring the aquarium w ter into the tub—these days, they dum it outdoors.

Jonathan A. Edlow is a practicing ph sician and writer in Massachusetts.

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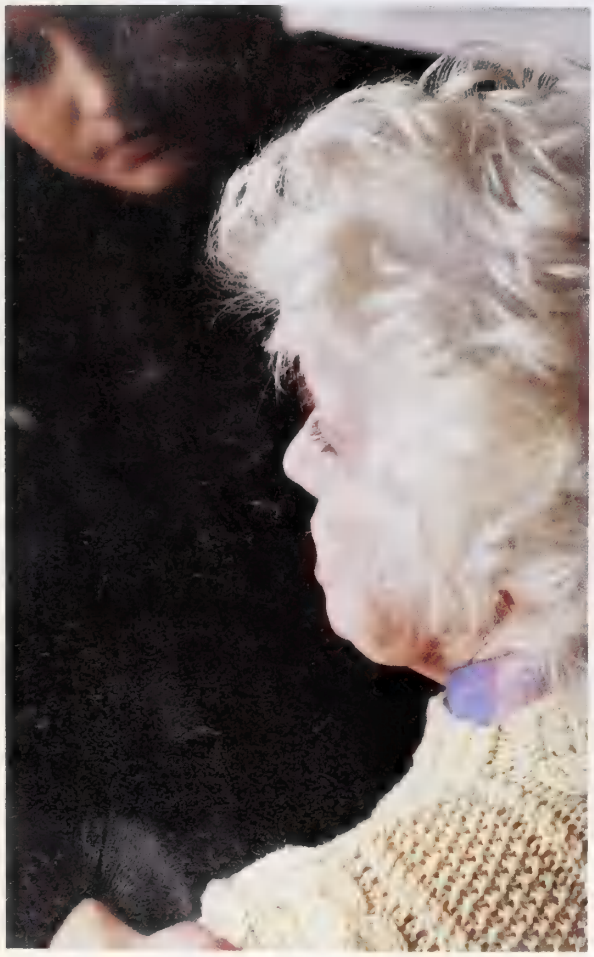
WHAT'S THE MATTER WITH MOM?

Far too many of us know how painful it is to see an aged parent become confused, disoriented and forgetful. But there is hope for treating—and coping with—the most heartbreaking disease of all, dementia.

By Sandra Salmans



Monica Noell didn't think twice when her seventy-year-old mother retired from schoolteaching because she couldn't keep up with the paperwork. But Monica, a thirty-nine-year-old education editor for the Marine Corps in Washington, D.C., knew something was very wrong when her mom began taking three hours instead of one to bake an apple pie—and put the flour in twice. "It's extremely frustrating for me," says Monica. "I know what she was capable of before."

John Montgomery, a fifty-year-old director-choreographer who lives in New York, wasn't overly concerned when his seventy-seven-year-old father, Jack, became withdrawn, staying home while his wife went out to their social club. He did become alarmed, however, when Jack walked out of his apartment in his pajamas one winter night. Even after that, his dad sometimes acted normally. During one visit, for instance, the older man sustained a lucid conversation for three hours. "He was terrific, and I started thinking, 'Was this all an illusion?' " says John. Later, however, Jack became adamant that he go "home" to see his first wife. She had died in 1964.

It can happen at a family reunion or a birthday dinner; in fact, during any occasion when parents and adult children get together. A shadow falls across the festivities: For the first time, an aging parent fails to recognize a close relative, or forgets the ending to an oft-told family tale. And suddenly, the elderly person's grown children are forced to confront a reality that—out of love and fear—they've been trying to ignore.

Dementia. It is a subject that haunts us all, and it looms ever larger now that an increasing number of Americans are living to a greater age. Yet doctors are learning more about dementia, once called senility, and they no longer regard it as the hopeless black hole it was formerly thought to be.

For one thing, the majority of the elderly never suffer this devastating mental decline. "You're not *destined* to have dementia when you get old," says Creighton Phelps, Ph.D., vice-president of medical and scientific affairs for the Alzheimer's Association. According to United States government statistics, an estimated 15 percent of people over age sixty-five suffer dementia of any kind.

Doctors have also discovered that there are different kinds of dementia. Some, such as depression, malnutrition, liver or kidney disease, overmedication or drug side effects (which cause about 20 percent of the cases), can be curtailed or even cured. Others, such as multi-infarct dementia (MID), a condition in which multiple strokes gradually destroy brain *(continued)*

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Because when you believe in good, sound nutrition as much as Roman Meal does, you know very well that what you keep inside a light bread is every bit as important as what you take out.

That's not to say we didn't take out anything. Roman Meal Light has less fat, is cholesterol-free and has only 40 calories per full-sized slice. But let's talk about what's still in there: Lots of essential complex carbohydrates.

They're what you need for energy when you're watching your weight. Because when your body doesn't get enough energy from carbohydrates, it may take it from other sources, like your muscles. That's how people who want to lose weight end up losing muscle, too.

There are lots of other good things in Roman Meal Light bread. Including plenty of insoluble fiber to help you feel nice and full after you eat — without adding calories. And now Roman Meal Light is baked with healthful oat fiber, too.

Of course, there's no reason why people who are watching their weight should be deprived of good taste. And that's one reason why we mill and blend Roman Meal Light ourselves to make sure that each loaf is as good as it can be.

Natural whole grain goodness.® It's been in our bread from the beginning. So, if you're watching your weight, pick up a loaf of Roman Meal Light today. It's the one light bread with all the good things still in it.

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(continued) tissue, causing up to 20 percent of all cases, can be monitored and controlled through medication and lifestyle changes. The most frequent cause—Alzheimer's disease, which accounts for about 60 to 70 percent of dementia—does remain incurable. But even with Alzheimer's, a progressive deterioration of the brain cells that eventually proves fatal, some important steps toward predicting and diagnosing the disease have been taken. And gradually, a network of support groups and day-care facilities has arisen to help families bear this crushing burden.

Some people are so concerned about dementia that they see it when it doesn't exist. The average middle-aged woman or man who notices that a parent is starting to forget names, dates or where they left their glasses may fear the worst. In reality, such slips are likely to be just part of a normal aging process—or some other problem.

Even experts admit it can be difficult to tell. Zaven Khachaturian, Ph.D., associate director of neuroscience and the neuropsychology of aging at the National Institute of Aging (NIA), remembers being afraid that his elderly aunt was displaying early signs of the disease. It was his wife who discovered that the aging woman was taking five times the appropriate dosage of a prescription drug. Once the medication was cut back, her symptoms disappeared.

Danger signals

Eventually, however, the differences between normal aging and dementia become clear. Disconnection from the logic of everyday life is typical of dementia. "Forgetting where you parked your car at a shopping mall—that can happen to any of us," says Paul T. Costa, Jr., Ph.D., chief of the Laboratory of Personality and Cognition in the NIA's Gerontology Research Center in Baltimore. "Forgetting that you brought the car in the first place, though, may signal a problem." Or, as Valen Kendrick, R.N., a nurse practitioner who works with Alzheimer's patients in Washington, D.C., says, "With normal aging, people may sometimes forget where the keys *are*—but they don't forget what the keys *do*."

Early dementia-related changes are subtle, particularly in the case of Alzheimer's, where the onset is gradual; in MID, deterioration tends to occur in more noticeable steps.

In any case of suspected dementia, experts strongly recommend a complete physical exam, neuropsychological testing and possibly a brain scan. Specific changes in the brain and other parts of the body can be important diagnostic tools. For example, diabetes, high blood pressure or poor blood flow in the major arteries to the brain may indicate the presence of MID; strokes may show up through brain-imaging techniques such as MRI (magnetic resonance imaging) or a CT (computerized tomography) scan. Blood or urine tests may indicate physical problems that can affect the brain such as abnormal kidney or liver function, vitamin deficiencies, or exposure to toxins or drugs. Tests of cerebrospinal fluid, which surrounds the brain, can reveal the presence of infection. And psychological tests can be used to distinguish depression from dementia.

Once the cause of dementia is diagnosed, the prognosis varies. If it is caused by kidney problems—which can allow toxins to build up in the blood, eventually affecting brain function—the problem can often be treated with dialysis, drugs or transplant surgery, and the person's cognitive ability restored. The prognosis is less hopeful for MID, but even there it may be possible to slow deterioration by trying to prevent subsequent strokes through lowering blood pressure with dietary changes, exercise or drugs.

The prospects are bleaker for Alzheimer's, which can be definitively diagnosed only after death, when the brain can be studied in an autopsy. Under a microscope, the brain of an Alzheimer's patient reveals numerous abnormalities, some of which are found to a much smaller degree in the brains of older people who do not suffer from the disease. These changes include reduced levels of certain chemicals, notably acetylcholine and somatostatin, which facilitate communication between nerve cells. Researchers have also found abnormal clumps of fibers, known as neurofibrillary tangles, and clusters of degenerating nerve endings called neuritic plaques in the areas critical to memory and intellectual functioning.

While a patient is alive, Alzheimer's remains largely a diagnosis of exclusion. "You rule out the possibilities of drugs, metabolic disorders, MID," says Khachaturian. "What's left, you call Alzheimer's. And even then, you're not certain." As a result, it's difficult to pin down the exact incidence of Alzheimer's. Because the nation's population is aging, experts say, the rate of Alzheimer's disease is on the rise. (A recent Harvard Medical School study estimated that among those eighty-five and older—the fastest-growing group in America—47 percent have Alzheimer's.) In addition, heightened awareness may also lead doctors to diagnose the condition more often than in the past.

Childhood without joy

As Alzheimer's progresses, lucid moments become rarer. Anger, frustration and depression increase as brain damage and disorientation get worse. According to a recent study at the Washington University School of Medicine, in St. Louis, at least half of all Alzheimer's patients develop psychotic symptoms such as hallucinations and paranoid delusions.

"With normal aging, people may forget where keys *are*—but they don't forget what keys *do*."

Shelley Fine, a forty-four-year-old secretary from Austin, Texas, recalls that her mother, who died recently at age eighty, used to "see things that weren't there." On one occasion, her mother "introduced" a visitor to several deceased relatives—clothing spread out on her sofa.

Language, memory and motor skills also deteriorate. In many respects, dementia recapitulates childhood, but without the joy. "It's like having a fourth child," says Susie Miller, of Falls Church, Virginia, who lives with her eighty-three-year-old father-in-law, an Alzheimer's patient.

People with Alzheimer's may be unable to button their clothes but be energetic; typical traits include pacing—often at night—and wandering away from home.

Toward the end, as the sufferer becomes more disabled, recalcitrance turns into helplessness, and incontinence and difficulty eating are common. "Now she doesn't talk, walk, or recognize us," says Judy Dickinson, a forty-four-year-old (continued)

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MATTER WITH MOM
continued

electrical contractor in Placentia, California, of her sixty-four-year-old mother, who has been in a nursing home for the past eight years. "She's just a body waiting to die."

Patients may also become feeble and emaciated, and in their weakened state easily fall victim to pneumonia or infection. But death can be a long time coming; Alzheimer's victims live an average of eight to ten years after the onset of symptoms (those who also have MID, as frequently happens, tend to live a year or two less).

Still, there are ways to ease some symptoms of this devastating disease. Patients can be medicated to reduce depression, compulsive pacing and sleep problems. Caregivers can cheer patients by playing music or taking them to adult day-care centers where there are structured activities and companionship. Using memory prods, such as repeatedly reminding patients what time it is and where they are, along with exercise and recreational activities like finger painting, may help to keep patients involved.

Solving the puzzle

While there is still no real breakthrough in Alzheimer's treatment, there's increasing reason to hope. Scientists are searching for markers of the disease in parts of the body that are more accessible than the brain. Recently, researchers detected beta-amyloid protein—the major component of the neuritic plaques that indicate the presence of the disease—in the skin of a group of patients believed to have Alzheimer's, and in the intestines of autopsied patients whose brains showed definitive signs of the disease. The finding could prove valuable in understanding and diagnosing the disease; so could the use of positron emission tomography (PET) and single photon emission computerized tomography (SPECT), two experimental imaging techniques that show the brain in action.

Scientists are on the trail of genetic markers, too. For example, a majority of people with Down syndrome—a genetic disorder marked by mental retardation and physical defects—develop Alzheimer's in middle age. A number of doctors believe that the chromosomal abnormality that causes Down syndrome may be related to the development of Alzheimer's as well.

And researchers are pressing ahead on several other fronts. Some speculate that a slow virus may cause the disorder; others are tracking ch in the immune and endocrine sy still others are examining wl toxins may be at least partly res ble. Large amounts of aluminum been found in the brains of heimer's patients, leading som perts to believe that this metal a role in the development c disease. What that role is, how is not yet known. And a study University of Washington in S showed that people who had Alz er's were more likely to have su severe head injuries earlier in li

Overall, experts doubt that the ever be able to pinpoint a *single* of Alzheimer's. "Our best estimat is that no single factor is going *the* cause," says Khachaturian.

Meanwhile, progress is also made in diagnostic research. June, an article in *The Journal American Medical Association* de a post-mortem test that detect presence of a telltale protein, heimer's disease-associated p (ADAP), in key brain cells. D can already detect ADAP in spin id, and hope that within a year this method will be available experimental diagnostic tool.

Another discovery occurred April at the Johns Hopkins Sch

ine, in Baltimore, where scien- established a colony of human cells that grow in laboratory s. By performing studies on these and utilizing the substances they ice, doctors may be better- ped to develop treatments for diseases, including Alzheimer's. far, experiments involving the re- ment of the essential chemical lcholine in the brain have met little success. But dozens of other trials are in progress. Khachatu- predicts that "within five to ten , we should have compounds help people. We're trying almost hing, because people are so erate."

ing through the tears

e Wexler, whose father died of eimer's in 1988, tries to help some ese desperate people come to s with the situation. As assistant tor at the Family Respite Center, alls Church, Virginia, which s adults with chronic memory- problems, she continually sees lad in the shuffling gait of the ly men and women who are ght to the center. And when she support-group meetings for care- s, she hears about the same dis- tation and confusion she observed when her father was ill.

While the group members' ailing parents, husbands or wives paint rainbows or do string drawings, they trade tips on caregiving.

Often, says Wexler, they sound like the fond parents of toddlers, comparing eating habits and separation anxiety; leave-taking is called 'bye-bye time.' They are a brave group, but they are clearly in pain. The cliché "smiling through one's tears" never seemed more true.

Not too many years before, Wexler's mother had helped make up a nursery school kit for her granddaughter, packing in a diaper; now she was packing a diaper for her own husband when he went off to his day-care center.

"You've lost your loved one," adds Bob Surina, a seventy-four-year-old electrical engineer in northern Virginia, whose wife, seventy-one, is in the last stages of Alzheimer's. "It just tears you up."

For the time being, respite facilities like these may be the only light in the darkness of Alzheimer's affliction. But scientists are determined that, someday soon, more of us will be able to go more gently into those dark nights. ■

Sandra Salmans is a writer based in Washington, D.C.

GETTING HELP

For more information on senile dementia, contact the following organizations:

■ **The Alzheimer's Association, 70 E. Lake Street, Suite 600, Chicago, IL 60601; 800-621-0379. In Illinois, call 800-572-6037.**

■ **The Alzheimer's Disease Education and Referral Center of the National Institute on Aging, P.O. Box 8250, Silver Spring, MD 20907-8250; 301-495-3311.**

■ **Children of Aging Parents (CAPS), 2761 Trenton Road, Levittown, PA 19056; 215-945-6900. For information on caring for Alzheimer's patients, send a legal size SASE and $1 to offset printing costs.**

■ **National Council on the Aging, West Wing 100, 600 Maryland Avenue, S.W., Washington, D.C. 20024; 202-479-1200.**

■ **National Association of Private Geriatric Care Managers, 655 N. Alvernon Way, Suite 108, Tucson, AZ 85711; 602-881-8008.**

■ **Alzheimer's Family Relief Program, 15825 Shady Grove Road, Suite 140, Rockville, MD 20850; 800-227-7998.**

Mrs. Mudgway's Favorite Durkee Vegetables

1 bag (16 oz.) frozen vegetable combination, thawed and drained
1 can (10-3/4 oz.) condensed cream of mushroom soup
1 C. (4 oz.) shredded Swiss cheese
1/3 C. sour cream
1/4 tsp. Durkee Black Pepper
1 jar (4 oz.) diced pimento, drained (optional)
1 can (2.8 oz.) Durkee French Fried Onions

- Combine all ingredients except *1/2 C.* cheese and *1/2 can* French Fried Onions.
- Pour into shallow 1-qt. casserole. Bake, covered, at 350°F for 30 min. or until vegetables are done.
- Top with remaining cheese and onions; bake, uncovered, 5 min. or until golden. Makes 6 servings.

Durkee Makes The Difference.

MEDNEWS

■ Almost-painless dentistry ■ Another terrific reason to exercise ■ A new infertility treatment ■ Gentler help for heel pain. **By Sally Squires**

FEEL-BETTER FEET

Millions of Americans suffer from heel pain, commonly caused by inflammation of heel tissue, which can often be accompanied by small bone overgrowths called heel spurs. Although heel spurs were long believed to cause the pain, doctors now know that in most cases, plantar fasciitis—an inflammation of heel tissue that develops when the tissue pulls away from the bone—is to blame. The condition is often caused by postural imbalances, and doctors now know that surgical removal of the spurs will not ease symptoms, says James Michelson, M.D., an orthopedic surgeon at the Johns Hopkins Medical Institutions, in Baltimore. To correct plantar fasciitis, physicians may prescribe treatments such as orthotics (corrective shoe inserts) and, sometimes, exercise to ease stress on heel tissue, along with simple stretching moves and anti-inflammatories such as aspirin to relieve pain.

Sally Squires is a health writer at the Washington Post. She is also the co-author of "The Stoplight Diet for Children" (Little, Brown, 1988).

UNBLOCKING FALLOPIAN TUBES

An experimental procedure similar to angioplasty—which is used to open clogged heart arteries—may offer new hope to infertile women who have not been able to conceive because of blocked fallopian tubes. During balloon tuboplasty, doctors thread a tiny tube containing a balloon through the cervix and uterus. Once the device is inside the fallopian tubes, the balloon is inflated to open the tubes. Recently, seventy-seven women underwent balloon tuboplasty at six medical centers across the United States. In all but six of the patients, the procedure succeeded in opening at least one tube. Moreover, says head researcher Edmond Confino, M.D., of the Mount Sinai Hospital Medical Center in Chicago, one third of the women conceived within a year of the procedure.

SHAPE UP TO QUIT SMOKING

Exercise can help women stay away from cigarettes, according to a recent study at the Miriam Hospital in Providence. Twenty sedentary female smokers attended a four-week stop-smoking program; ten of them also rode a stationary bike for at least thirty minutes, three times a week, over a fifteen-week period starting three weeks before classes and continuing for eight weeks after. One month after the exercise program ended, three exercisers still refrained from smoking, while *all* nonexercisers had resumed. Researchers say exercise may help by inhibiting the post-smoking weight gain that can cause relapses and by easing withdrawal symptoms.

DENTAL LASERS

Don't be surprised if your dentist soon acquires a laser—a less painful way to do run-of-the-mouth dental work. Some dentists are already using lasers to perform gum surgery, and the manufacturer, American Dental Laser, hopes the federal Food and Drug Administration will approve the use of lasers for removing tooth decay, tooth desensitization, and etching teeth before bonding, within the next year or two. "They're quick and easy, and they dramatically lessen bleeding," says Joel M. White, D.D.S., of the University of California at San Francisco. Lasers, he explains, generate intense light beams that almost painlessly vaporize diseased tooth and gum tissue. Since lasers cauterize as they work, bleeding is kept to a minimum, enabling dentists to work more quickly and precisely. The only hitch: Lasers cost about $50,000 each, so it may take a while before every dentist can afford one.

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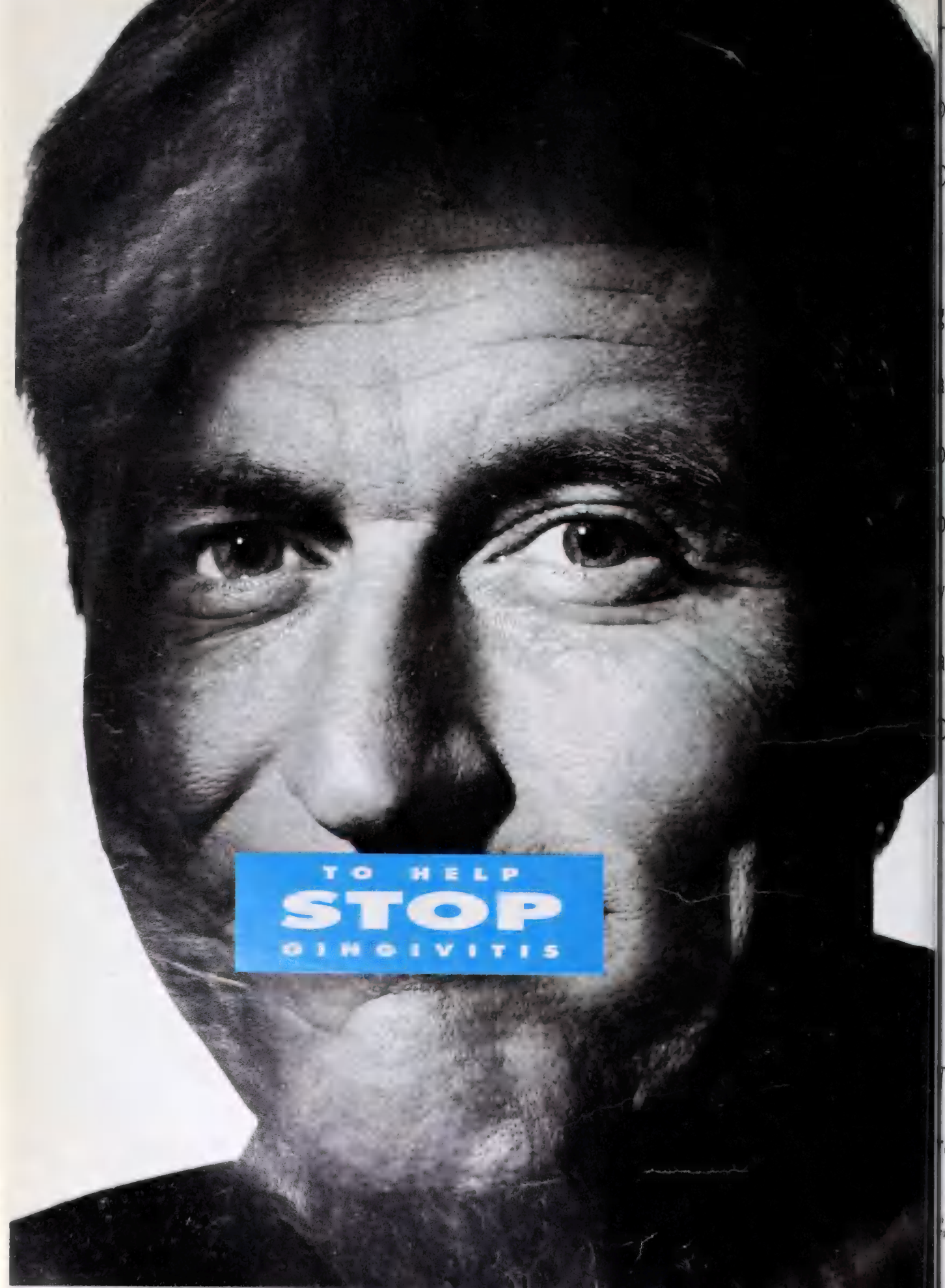
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our dental professional regularly. And for
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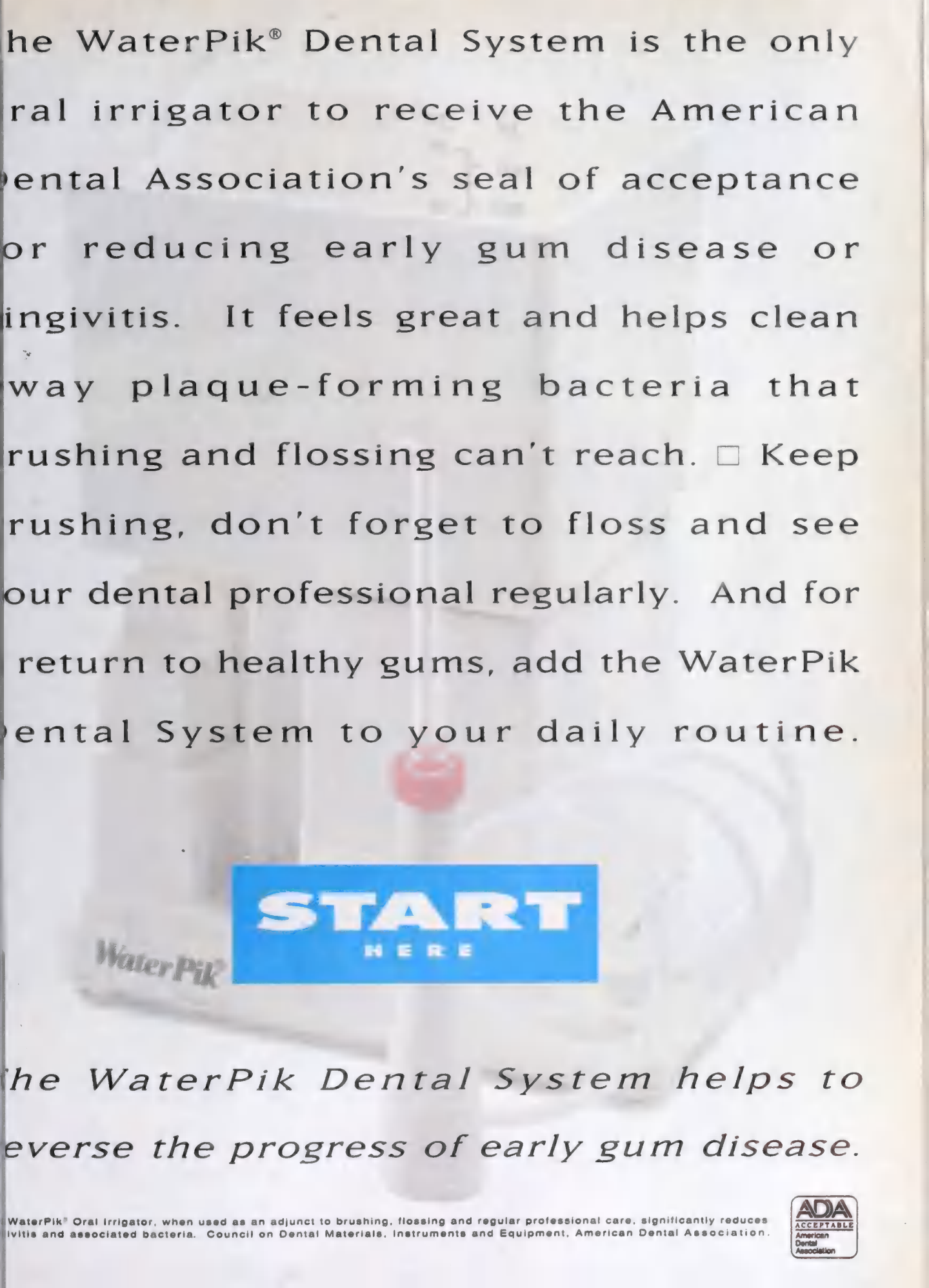

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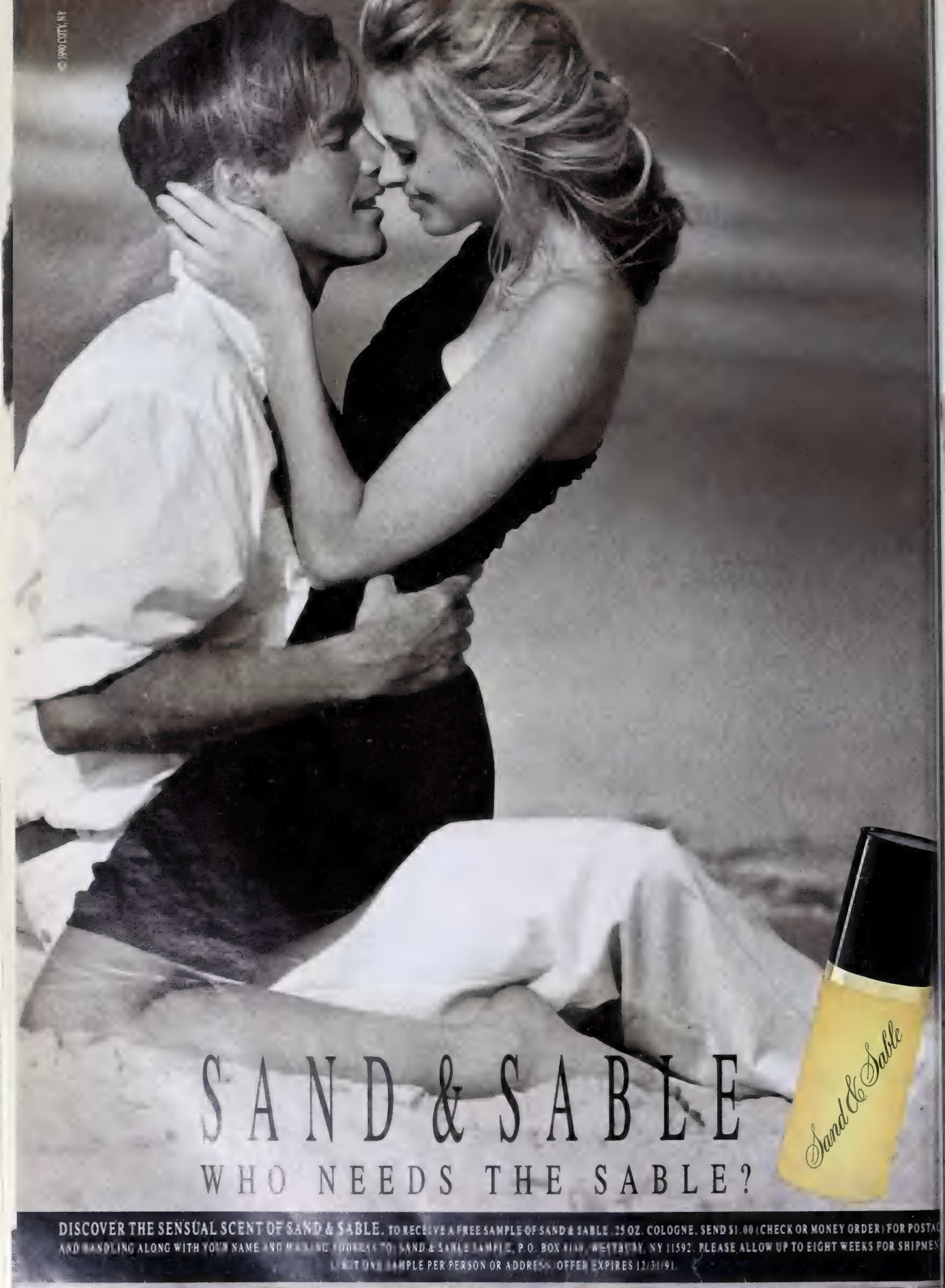
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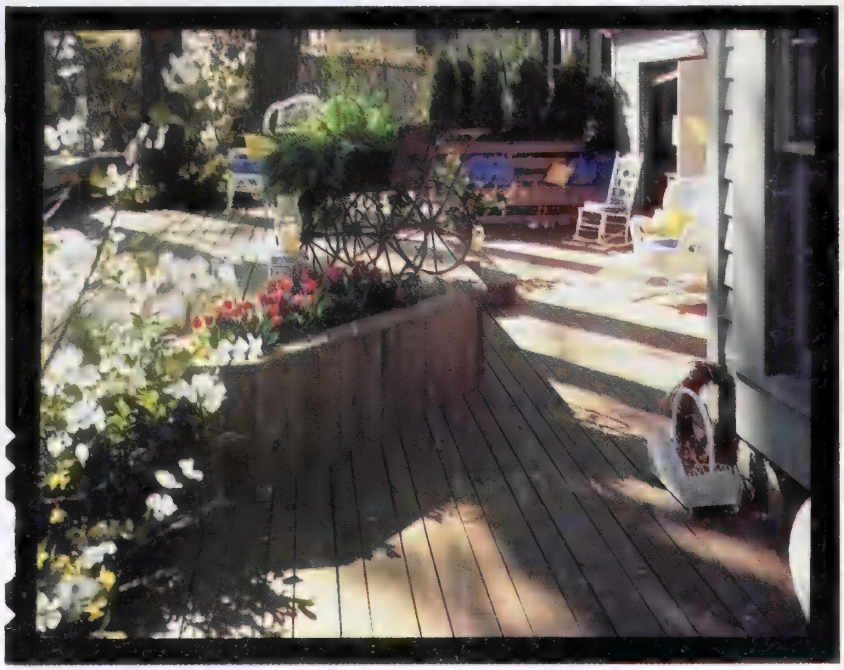
COOKING CLASS

The number-one way to give your home added value? Make your kitchen state-of-the-art. Here, the most modern design innovations

A SPLASH OF STYLE

Sometimes all it takes to make a room extra special is a bit of decorative detail. We found finishing touches that make all the difference



COLOR COUNTS

Set your sights on a spectrum of earthy delights. The new hues for the home are subdued, taking their cue from the sun-baked desert

A PLACE IN THE SUN

Aside from an up-to-date spacious kitchen, the most popular addition to homes these days is a wide-open, off-the-kitchen deck. Whether you're considering a basic deck or a multilevel extravaganza, we've got possibilities to pique your interest

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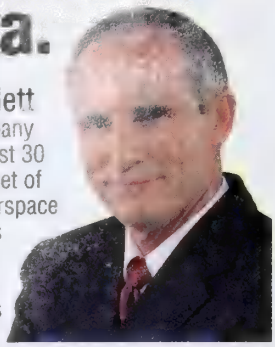

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VACUUM CLEANERS

RENOVATIONS

WHAT'S NEW

If you're going to invest in just one room, make it the kitchen. Below, dos and don'ts from top kitchen designers

Put everything in its place behind trendy glass-front bins and cabinets and simple open shelves. Kitchens designed by Florence Perchuk & Associates, NYC (above), and Melissa Love, Pacific Palisades, California (left). Cabinets by Cabinetsource, Englewood, California

A streamlined way to separate trash (left)—one of our favorite features of the futuristic kitchen in the 1990 Kips Bay Decorator Showhouse in NYC. Also novel is this appliance garage (above)—it's wired for small electrical appliances. Appliances by Braun

What else is cooking in the best kitchens? Center islands add counter and storage space, an extra sink and a second cooktop or a mini fridge; pale or natural wood floors; interesting ceilings—painted to match walls, accented with a light fixture or lowered with beams for a cozier look, plenty of light. Kitchen designed by James Krengel of Kitchens by Krengel, St. Paul, Minnesota

Photos: top, Jon Jensen; left, Feliciano; right, Jim Mims; bottom, Tom Licari

These three kitchens show off today's most-wanted colors—white, pale wood and earthy soft green. The ceramic tiles below, by Epro, Inc., sport a rainbow of other right-now accent tones, including turquoise, apricot, lilac, Caribbean blue and coral pink

WHAT'S OUT

The kitchen designers we spoke with—Agnes Bourne and Lou Ann Bauer, both of San Francisco, and Jo Krueger of Kirkland, Washington—declared the following out of fashion: ■ oak, laminated and high-gloss cabinets ■ slick plastic veneers ■ anything heavy and dark with hard edges ■ stained glass ■ laminated countertops ■ cute decorations like dried herbs hanging from the ceiling

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DECKS APPEAL

Whether you're building a small deck for family barbecues or a wonderful open space for entertaining, we've got three beautiful variations to inspire you

What do these decks have in common? All make the most of nature: They showcase trees and flower boxes. There's a wide variety of deck designs—from simple to multilevel. You can outfit your deck with lounge chairs, wooden benches, or a built-in picnic table. Add charm with a gazebo, privacy with a lattice-top fence—the possibilities are endless. Decks by Georgia-Pacific

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LUXE LOOKS IN AN INSTANT

Do you want to give your rooms a decorator touch? Well, there are lots of products on the market right now to give your home unique appeal and personal style. Here are a few easy ways you can be your own interior designer

If your bathroom needs a boost, but retiling the walls is too costly, why not think sink? Simply replace a plain sink with a really splashy model like one of these sensational hand-painted sinks by Kohler. They're the prettiest we've ever seen

Want a very stylized, color-coordinated kitchen or bath? Kohler has the answer. The company has teamed up with six kitchen and bath product manufacturers to create ten color families for appliances and accessories. They're guaranteed to go together. Below, the new Parfait Family features products from Kohler, Nevamar, Amana, Armstrong, Braun and Village Wallcovering

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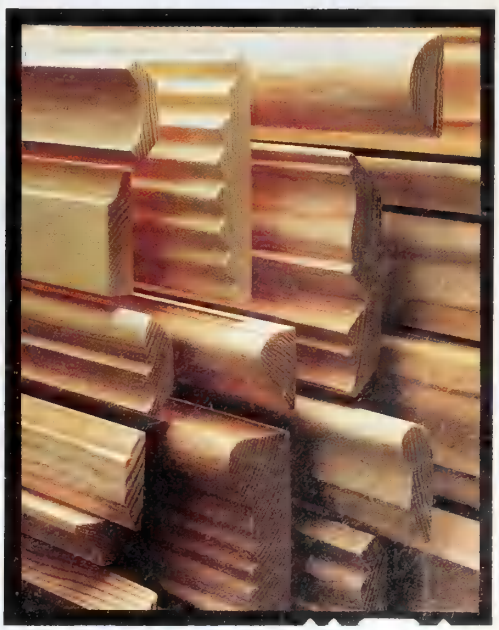

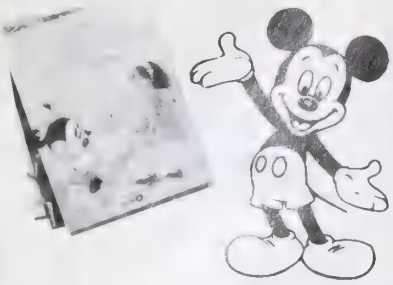

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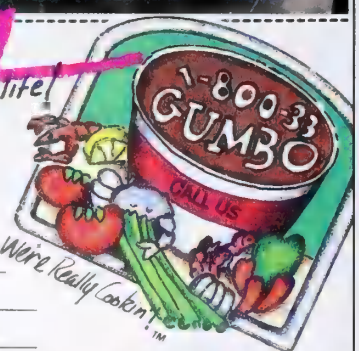

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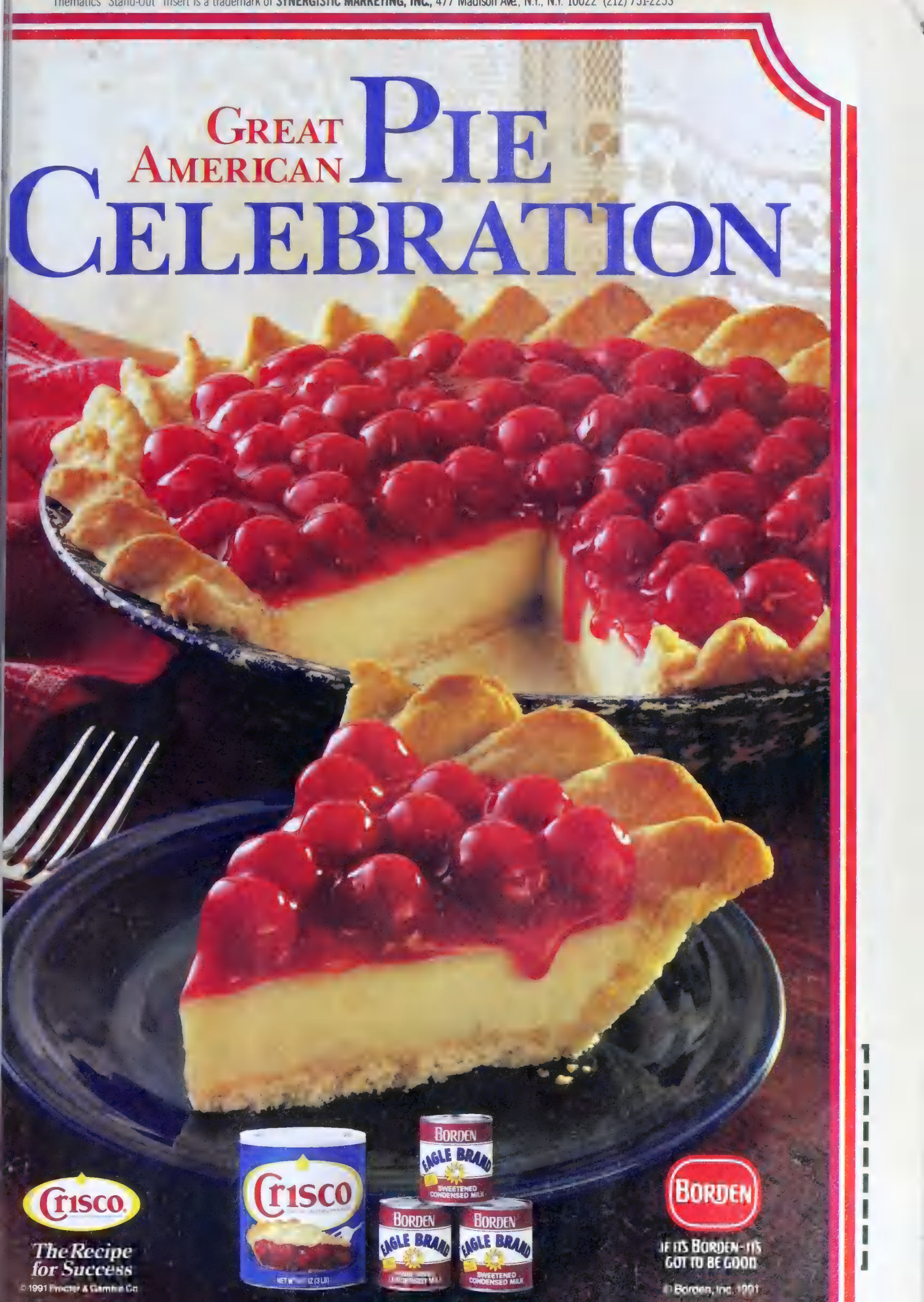

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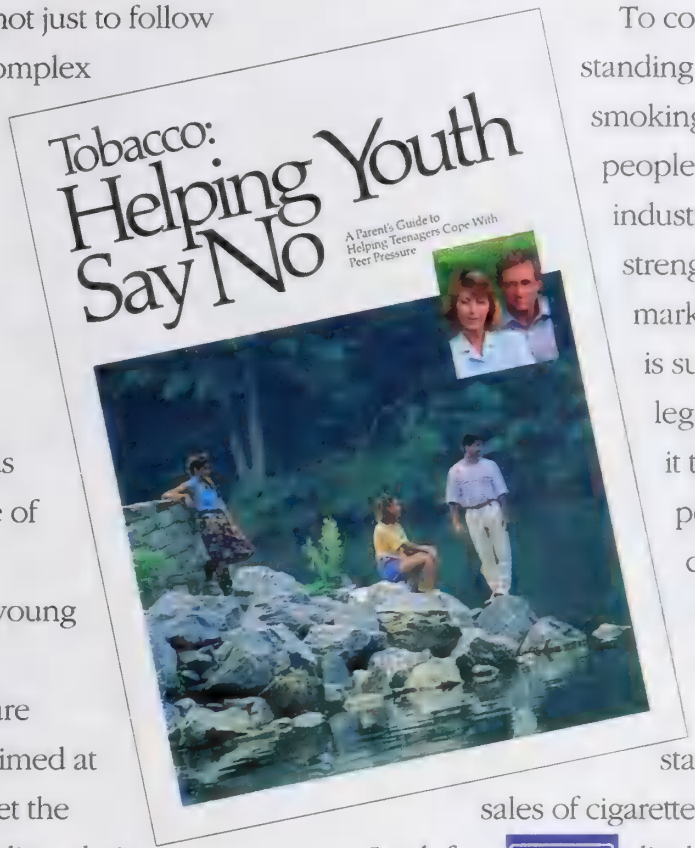

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05

HOW TO LOWER YOUR BLOOD PRESSURE

Often dubbed "the silent killer" because it has few symptoms, hypertension is a very dangerous disorder. Now there's new hope for coping with this hidden threat. **By Nancy Gagliardi**

Thirty-two-year-old Gisela G. was shocked during a routine corporate physical when the nurse told her she had high blood pressure. "I was sure there was a mistake," says this financial analyst from Kingston, New York. Although she was overweight (five foot three and two hundred and twenty-five pounds), Gisela did not think she could possibly be at risk. "I insisted it was a fluke. I never had a blood-pressure problem before, and neither did my parents."

Yet the nurse urged her to come back in a week for a second test. High blood pressure, she explained, can fluctuate widely—often up to thirty points in a single day—and getting two separate readings helps ensure an accurate diagnosis. A week later, however, Gisela's level was still above normal. "The second reading was the clincher," she says. The nurse warned Gisela that unless she got her pressure under control, she ran the risk of a heart attack or stroke. "She advised me to see my doctor—and lose weight."

A dangerous disorder

Gisela's story demonstrates why high blood pressure, or hypertension, is often called the silent killer. It is a stealthy disease that a person can—and often does— have for years without realizing it. The signs—dizziness, bloody noses and headaches—occur only in some cases and can easily be blamed on other causes.

According to the National Heart, Lung and Blood Institute (NHLBI), at least fifty-eight million Americans suffer from this dangerous disorder. And the National Center for Health Statistics (NCHS) estimates that nearly nine hundred thousand people died of heart disease and stroke in 1989—nearly twice the number that died of cancer. Doctors don't know how many of these deaths are directly caused by hypertension; however, they say that hypertension is often a contributing factor in the development of these life-threatening disorders.

Although many women think of hypertension as a predominantly male malady, they're wrong. By age fifty-five, women are just as likely to have it; by age sixty-five, women are even *more* prone than men, according to the NCHS. Why? Although experts aren't yet sure, some believe a complex, hormonally influenced mechanism inside the body may help protect premenopausal women from serious blood-pressure elevations. After menopause, female hormone levels drop, leaving older women vulnerable to the disease.

Playing the numbers game

What exactly is blood pressure, and why is it so vital a sign?

The term describes the force exerted against *(continued)*

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LOOD PRESSURE

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y walls as blood flows through the Blood pressure can be elevated for reasons, including narrowing of teries, faulty nerve signals, kidney- one malfunctions and increased volume due to fluid retention. The must then work harder to pump into all the tissues of the body, asing the pressure on arterial walls. increased force can cause damage, nening the walls and making it r for fatty deposits to lodge there. e atherosclerotic plaques further w vessels.

other problem can occur when blood cells, called platelets, accu- te along vessel walls, forming clots an ultimately lead to strokes.

ery blood-pressure reading involves umbers. The *systolic* pressure—the nd higher number—is the pressure ed in the arteries when the heart is acting to pump blood; the *diastolic* ure—the second and lower num- is the pressure when the heart is g between beats. Readings vary y with age and heredity, but those r 140/90 are generally considered table. Repeated readings at or 140/90 are considered elevated. la's reading was 140/90; recent research indicates that even this level of mild hypertension is more serious than once thought and should be treated.)

New insight into an old problem

The battle against this disorder can be won, however; in fact, researchers are making significant strides in both diagnosis and treatment.

Scientists at the University of Maryland, for example, recently identified the hormone ouabain (pronounced wa-bain) as a possibly important link in the development of high blood pressure. Since a simple blood test is all that's needed to pinpoint an elevated concentration of ouabain—which is normally present in blood and affects sodium distribution in the body—doctors may one day be able to predict just who is at high risk, says Mordecai P. Blaustein, M.D., professor and chairman of the physiology department at the University of Maryland School of Medicine.

To treat hypertension, a powerful host of drugs has been developed (see page 106). But many have severe side effects, and doctors are increasingly including other therapies. Exercise, for one, is becoming a significant tool: A recent study by the Columbia Medical Plan, a health-care facility in Columbia, Maryland, shows that in some patients regular workouts may be just as effective as certain drugs in treating mild hypertension.

The results of our growing knowledge about this disease are already noticeable, experts say. "In the past fifteen years, stroke deaths are down a healthy fifty-three percent—largely as a result of better blood-pressure management," notes Marvin Moser, M.D., clinical professor of medicine at Yale University and author of *Lower Your Blood Pressure and Live Longer* (Villard Books, 1989).

A democratic disease

Who is most likely to develop this potentially deadly condition? Doctors say older people are especially vulnerable, mainly because arteries become less elastic as we age. So is anyone who is at least 20 percent above ideal body weight and those who have a family history of hypertension—especially blacks. A few pregnant women develop hypertension, but good prenatal care can usually prevent complications.

But the rest of the population is far from immune. Men, women and children of all ages and ethnic backgrounds are affected. In fact, in an astounding 90 percent of all cases, doctors can find no apparent reason for a patient's high blood pressure.

But many experts believe that stress can be a factor. Gary D. *(continued)*

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(continued) James, Ph.D., assistant professor of physiology and biophysics at the cardiovascular center at the New York Hospital–Cornell Medical Center, in New York, analyzed round-the-clock blood-pressure variations in 120 working women. He found that blood pressure rose whenever a woman was in a situation she perceived to be particularly stressful. Not surprisingly, perhaps, the majority of women who fared the worst were working mothers. In many cases, their blood pressure remained elevated throughout the day *and* evening hours.

Occasionally, the condition develops as a result of other illnesses such as kidney disorders, adrenal tumors or diabetes. Certain medications, including nose drops, birth control pills and steroids, can also induce or aggravate hypertension.

To guard against the condition, Moser advises healthy adults to have a blood-pressure reading once every two years; people who are at high risk for developing the problem should have their blood pressure checked annually.

Smart strategies

Although most patients will require drug therapy in addition to nondrug measures, numerous physicians recommend that patients first make lifestyle changes to bring blood pressure down. Below, some widely recommended, nondrug strategies that can help you lower your blood pressure and keep it under control.

Slim down. For many people, losing excess weight may be an effective nondrug strategy: Researchers still don't know exactly why, but even five to ten extra pounds can boost pressure.

While dieting, hypertension sufferers should watch their intake of potassium and calcium, since these minerals are important in blood-pressure regulation. All fruits and vegetables are good sources of potassium; some especially rich sources are potatoes, winter squash, cantaloupe, watermelon and Jerusalem artichokes. To ensure adequate calcium, consume low-fat dairy foods like skim milk and low-fat yogurt, along with kale, turnip and beet greens, broccoli and fish eaten with their small bones—including sardines and salmon.

Stop smoking. Smoking injures blood-vessel walls and speeds up hardening of the arteries. Although an occasional cigarette probably has little effect on blood pressure, chain-smoking significantly speeds the pulse rate, increases the work of the heart and raises blood pressure, according to Moser. Chronic smoking also may cause hormone changes that tend to raise blood pressure over time.

Get moving. Recent research indicates that exercise may be just as effective as weight loss in fighting the condition. One study, conducted at the Jackson, Mississippi, Veterans' Administration, found that relatively low levels of activity had a major impact: After ten weeks of walking, jogging or cycling for approximately thirty minutes, four times a week, fifteen of the sixteen subjects with moderately high blood pressure reduced it to normal levels. Of course, it's important to check with your physician before beginning any exercise program.

Cut back on salt. Doctors say that between ten million and thirty million adult Americans may be especially sensitive to sodium; in these people, salt seems to raise pressure. Certain groups—including blacks—tend to be especially salt-sensitive, possibly because they have a genetic tendency to conserve sodium in their bodies, according to Moser and other experts.

The National Academy of Sciences Food and Nutrition Board recommends that most adults limit salt intake to no more than six grams per day—a little more than a teaspoonful; however, the average person consumes considerably more than that amount daily. Since salt is hidden in many processed foods, soft drinks, baked goods and even ice cream, it's easy to overload. To become more salt-aware, read package labels, steer clear of high-salt foods such as salty chips and nuts, and add as little salt as possible during cooking. If food tastes too bland, try herbal seasonings, salt substitutes or paprika, pepper, oregano, cloves, cinnamon or lemon juice.

Drink less alcohol. Although alcohol doesn't appear to *cause* hypertension, it can aggravate existing cases. While some studies have suggested that a daily cocktail can increase the levels of high-density lipoprotein (HDL)—often called "good" cholesterol—this is not a license to overindulge. For one thing, alcohol has lots of calories—something to keep in mind if you're trying to shed extra pounds. But whatever your weight, the 1988 Joint National Committee on the Detection, Evaluation, and Treatment of High Blood Pressure says people with high blood pressure should drink no more than one ounce of absolute alcohol per day—that's two ounces of 100-proof whiskey, eight ounces of wine or twenty-four ounces of beer.

Control stress. Lowering *(continued)*

The prescription option

When behavioral methods aren't enough to lower blood pressure, drugs can often help. But they are not without drawbacks: In addition to being quite expensive—sometimes costing up to $75 per month—between 10 and 15 percent of patients who take them report troublesome side effects.

Most experts agree, though, that a majority of patients will need medication to significantly reduce blood pressure. "If a patient comes to me with a case of mild hypertension, I'll tell her to lose weight, take walks and reduce the salt in her diet," says Marvin Moser, M.D., of Yale University. "But only about twenty-five percent of people with mild hypertension will require only nondrug treatment." Currently, doctors use four main types of drugs:

■ ***Diuretics*** **(thiazide, including hydrochlorathyazide, chlorathalidone and indapamide). Relatively inexpensive, diuretics increase the elimination of salt and water through urination, thereby lessening blood volume and pressure. Physicians may prescribe them on their own or in combination with other drugs. Possible side effects include reduced libido, generalized weakness, muscle cramps and joint pain.**

■ ***Beta blockers*** **(propranolol, atenolol, nadolol, pindolol, labetolol). Beta blockers lower blood pressure by reducing the amount of blood pumped by the heart. These drugs may also reduce the risk of a subsequent heart attack in patients who have already had one. Possible side effects include fatigue, impotence, abnormalities in fatty substances in the blood and interference with blood-sugar regulation.**

■ ***Angiotensin converting enzyme (ACE) inhibitors*** **(captopril, enalapril, lisinopril). These medications lower blood pressure by blocking the production of a hormone known as angiotensin, which increases blood pressure. Although ACE inhibitors—which are relatively new on the market—are costly, they have fewer known side effects than other drugs; however, side effects can include a dry, hacking cough and palpitations.**

■ ***Calcium channel blockers*** **(nifedipine, nicardipine, verapamil, diltiazem). Calcium channel blockers relax blood-vessel walls, thereby lowering pressure. They are also quite expensive and may cause side effects such as constipation and swollen legs.**

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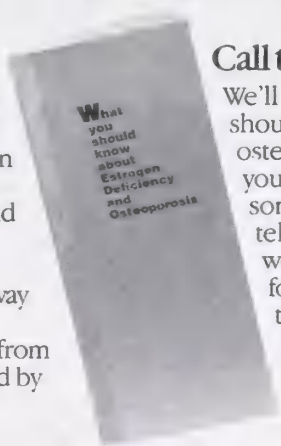

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■ BLOOD PRESSURE
continued

stress may help reduce blood pressure in some people, researchers say. Even if your day is hectic, take time out for a brisk walk, a jog or a session on the stationary bike; the exercise will relax you. Try biofeedback (a process in which patients learn to control physiologic reactions through relaxation), meditation or yoga; you'll be surprised by how much calmer you'll feel after a five-minute session using these techniques. Most important, establish realistic goals for yourself; unreasonable expectations will only lead to frustration—and chronic stress.

The vigilant patient

Whichever treatment your doctor suggests, it's important that you take an active role. If you are going to attempt behavioral methods such as weight loss or stress reduction, ask your doctor to suggest reputable programs or instructors. If you're taking drugs and experience side effects, let your doctor know immediately so she can work with you to remedy the problem.

Management and control of hypertension require vigilance, but the effort is well worthwhile. Gisela—the young woman in the opening scenario—asked her company's nurse to recommend a weight-loss program, and she soon embarked on a sensible plan. A year after her sobering reading, Gisela is seventy pounds lighter, and her blood pressure is a completely normal reading of 117/75. She exercises regularly and treats herself to annual spa breaks to ease s "Everything in my life has cha she says happily, "*definitely* fo better."

Nancy Gagliardi is a Manhattan- writer with a special interest in hea

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PREMARIN (conjugated estrogens) Vaginal Cream is indicated in the treatment of atrophic vaginitis and kraurosis vulvae.

PREMARIN HAS NOT BEEN SHOWN TO BE EFFECTIVE FOR ANY PURPOSE DURING PREGNANCY AND ITS USE MAY CAUSE SEVERE HARM TO THE FETUS (SEE BOXED WARNING).

CONTRAINDICATIONS: Estrogens should not be used in women (or men) with any of the following conditions: 1. Known or suspected pregnancy (see Boxed Warning). 2. Known or suspected cancer of the breast except in appropriately selected patients being treated for metastatic disease. 3. Known or suspected estrogen-dependent neoplasia. 4. Undiagnosed abnormal genital bleeding. 5. Active thrombophlebitis or thromboembolic disorders. 6. Estrogen replacement therapy has not been reported to increase the risk of thrombophlebitis and/or thromboembolic disease. However, there is insufficient information regarding women who have had previous thromboembolic disease.

PREMARIN Tablets and Vaginal Cream should not be used in patients hypersensitive to their ingredients.

WARNINGS: Some studies suggest a possible increased incidence of breast cancer in women taking higher doses of estrogen for prolonged time periods. The majority of studies have not shown an association with usual estrogen replacement doses. Endometrial cancer risk among estrogen users was about 4-fold or greater than in non-users, and appears dependent on treatment duration and estrogen dose. In patients on combined estrogen-progestin therapy, this risk appears to be decreased. (See PRECAUTIONS below.)

Estrogen therapy during pregnancy is associated with an increased risk of fetal congenital reproductive tract disorders.

A 2.5-fold increase in the risk of surgically confirmed gall bladder disease in women receiving postmenopausal estrogens has been reported.

Large doses of estrogen such as those used to treat prostate and breast cancer have been shown to increase the risk of non-fatal myocardial infarction, pulmonary embolism, and thrombophlebitis in men. This cannot necessarily be extrapolated to women. However, to avoid theoretical cardiovascular risk caused by high estrogen doses, the doses for estrogen replacement therapy should not exceed the recommended dose.

Blood pressure should be monitored with estrogen use, especially if high doses are used.

Estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases.

PRECAUTIONS: The addition of a progestin for 7 or more days of a cycle of estrogen administration reportedly lowers the incidence of endometrial hyperplasia. Studies of endometrium suggest that 10 to 13 days of progestin are needed to provide maximal endometrial maturation and elimination of hyperplastic changes. Additional risks, such as adverse effects on carbohydrate and lipid metabolism, may be associated with the inclusion in estrogen replacement regimens. The choice of progestin and dosage may be important in minim adverse effects.

Physical examination and a complete medical and family history should be taken prior to the initi estrogen therapy with special reference to blood pressure, breasts, abdomen, and pelvic organs, include a Papanicolaou smear. As a general rule, estrogen should not be prescribed for longer th without another physical examination being performed. Conditions influenced by fluid retention, such epilepsy, migraine, and cardiac or renal dysfunction, require careful observation. Certain patients r manifestations of excessive estrogenic stimulation, such as abnormal or excessive uterine bl mastodynia. Pre-existing uterine leiomyomata may increase in size during estrogen use. Estrogen used with care in patients with impaired liver function, renal insufficiency, or metabolic bone disease with hypercalcemia.

The following drug/laboratory test interactions have been reported, some only with estroge combinations (oral contraceptives):

1. Increased prothrombin and factors VII, VIII, IX, and X; decreased antithrombin 3; increased nore induced platelet aggregability.
2. Increased thyroid binding globulin (TBG) leading to increased circulating total thyroid h measured by T_4 levels determined by column or by radioimmunoassay. Free T_3 resin uptake is reflecting the elevated TBG; free T_4 concentration is unaltered.
3. Impaired glucose tolerance.
4. Reduced response to metyrapone test.
5. Reduced serum folate concentration.

MUTAGENESIS AND CARCINOGENESIS: Long-term, continuous administration of natural ar estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagir

PREGNANCY CATEGORY X: Estrogens should not be used during pregnancy. See **CONTRAIND** and Boxed Warning.

NURSING MOTHERS: As a general principle, the administration of any drug to nursing mothers sho only when clearly necessary since many drugs are excreted in human milk.

ADVERSE REACTIONS: The following have been reported with estrogenic therapy: changes in vagi pattern and abnormal withdrawal bleeding or flow, breakthrough bleeding, spotting, increase in siz fibromyomata, vaginal candidiasis, change in amount of cervical secretion; tenderness or enlargemer nausea, vomiting, abdominal cramps, bloating, cholestatic jaundice; chloasma or melasma that may p drug is discontinued, erythema multiforme, erythema nodosum, hemorrhagic eruption, loss of hirsutism; steepening of corneal curvature, intolerance to contact lenses; headache, migraine, dizzir depression, chorea; increase or decrease in weight; reduced carbohydrate tolerance; aggravation o edema; changes in libido.

ACUTE OVERDOSAGE: May cause nausea and vomiting.

DOSAGE AND ADMINISTRATION:

PREMARIN® Brand of conjugated estrogens tablets, USP

1. *Given cyclically for short-term use only.* For treatment of moderate-to-severe vasomotor symptom vaginitis, or atrophic urethritis associated with the menopause (0.3 mg to 1.25 mg or more daily). The that will control symptoms should be chosen and medication should be discontinued as promptly Administration should be cyclic (eg, three weeks on and one week off). Attempts to discontin medication should be made at three- to six-month intervals.
2. *Given cyclically:* Hypoestrogenism. Osteoporosis.

Hypoestrogenism due to: Female hypogonadism—2.5 mg to 7.5 mg daily in divided doses followed by 10 day rest period. If bleeding does not occur by the end of this period, the same dosage repeated. Female castration or primary ovarian failure—1.25 mg daily, cyclically. Adjust upward o according to response of the patient. For maintenance, adjust dosage to lowest level that will prov control.

Osteoporosis—0.625 mg daily. Administration should be cyclic (eg, three weeks on and one w

PREMARIN® Brand of conjugated estrogens Vaginal Cream

Given cyclically for short-term use only. For treatment of atrophic vaginitis or kraurosis vulvae.

The lowest dose that will control symptoms should be chosen and medication should be disc promptly as possible.

Attempts to discontinue or taper medication should be made at three- to six-month intervals.

Usual dosage range: 2 g to 4 g daily, intravaginally, depending on the severity of the condition

Patients with an intact uterus who are treated with either PREMARIN Tablets or Vaginal Cream monitored for signs of endometrial cancer and appropriate measures taken to rule out malignancy in persistent or recurring abnormal vaginal bleeding.

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Revised Augu

Doll shown smaller than actual seated height of approximately 15".

PARENTS' JOURNAL

A guide to child rearing in the nineties ■ Valentines—made with love ■ Understanding bias ■ When Grandma baby-sits ■ Pediatric healthline **By Mary Mohler and Margery D. Rosen**

HANDMADE

BY LAURA TAXEL

For kids, Valentine's Day ranks right up there with Christmas and Halloween. Taking a few moments to help your children create their own valentines gives them an added message that value is not always measured in dollars and cents.

Here are some special valentines any kid can make. What you'll need: stiff colored paper, in assorted colors; colored ribbons; gold braided cord, pearl cord; assorted buttons or rhinestones; rickrack or small appliqués; colored sequins; wooden ice-cream sticks; scissors; a hole punch; white glue; heart stickers. Optional: wrapping paper; glitter; fabric scraps; paper lace doilies; tempera paint.

❤ **Who loves you?** Trace a heart on colored paper and cut out. Cut two vertical slits on face of heart as shown; punch a hole at the top center. To make arrow, cut out two small red triangles and glue to ends of ice-cream stick. Write name of sender on ice-cream stick. Slip arrow through slits in heart. Glue on braided cord in shape of a question mark. Pull braided cord through punched hole and tie.

❤ **My heart belongs to Mom** Cut heart from purple paper. Decorate with rhinestones and sequins. Punch two holes at top of heart. Pull pearl cord through holes and tie knots in ends.

❤ **Heart locket** Cut out two hearts (the same size) from colored paper. Place one on top of the other and punch two holes one inch apart in upper left corner. Pull small piece of decorative cord through two hearts and tie. Punch an additional hole in center of bottom heart. Pull red ribbon through this hole and tie. Decorate top heart and glue gold braid around edge. Kids can write a message inside.

❤ **Sail away with my heart** Cut out two white squares to form card. Place one square on top of the other and punch two holes in upper left corner as shown. Pull blue ribbon through holes and tie in a bow. Cut out two small hearts and glue to ends of ribbon. To make sailboat: Cut trapezoid from colored paper for base. Decorate with three hearts. To make sail: Cut out one large triangle; cut this triangle to form two smaller ones as shown. Place above boat and glue. Cut blue ribbon and glue to base of sail.

❤ **Old-fashioned girl** Cut out heart from paper. Decorate with rickrack, buttons and ribbon. Punch hole in heart at top center. Pull decorative cord through hole and tie.

No added colors but yours.

We don't add any colors to Kix. Kids like Kix just the way it is with its crisp, corn crunch. And since Kix is low in sugar, you'll like it too. Adding an occasional berry or banana, that's entirely up to you.

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PARENTS' JOURNAL

DO THE RIGHT THING

BY TERRI DICKERSON-JONES

TEACHING KIDS TO UNDERSTAND DIFFERENCES

In Kansas City, Missouri, officials accused the Ku Klux Klan of playing racist telephone recordings that imitated the voice of Mister Rogers . . . in Madison, Wisconsin, antisemitic slogans were scrawled on the walls of a university dormitory . . . in San Francisco, homosexuals have been attacked

and beaten as they walked down the street. Everywhere—and with what seems to be alarming frequency—we witness frightening displays of violence and prejudice against those who are different. Police departments across the country report an increase in hate crimes from 1989 to 1990: 53 percent in San Francisco; 33 percent in Boston; and 1 percent in Chicago.

For parents, such trends are particularly troubling. No parent thinks her child will be involved in actual hate crimes, and in fact, most kids won't. Yet many children—and grown-ups—*will* tell a racist joke, make fun of a disabled person or call a homosexual a fag. And in this divisive social climate, it's not enough to refrain from engaging in hostilities—we need to actively promote harmony. But is it really possible to raise children who will appreciate diversity and fight back against bias? Where, and how, do you start?

"If children are exposed to prejudice, they'll learn it," says Patrice Garver, a child psychologist in Oakton, Virginia. "They pick up attitudes not only from their families but from the media, in the schools, from toys and from playmates." But just as racism can be learned, it can also be unlearned, she and other experts contend. And the place to start is in the home.

■ **Teach your children to recognize bias.** Give them broad rules. Say that a person's race, gender or physical disability should never be the basis for ridicule. More important, use situations that occur to help them apply those rules. If a person in a wheelchair wants to board a public bus and passengers grumble about the extra time it takes to help him get on, point out to your child that, yes, it may take longer, but people with disabilities have just as much right to use buses and other public facilities as anyone else.

■ **Remind your child that what's important about a person is what's inside, not outside.** But don't say, "People are all the same"; they're not—and you want her to grow up to value the differences.

■ **Talk with your kids about differences, even when they're toddlers.** "Youngsters become curious about obvious physical differences between people as early as age two," says Louise Derman-Sparks, an anti-bias education expert at Pacific Oaks College, in Pasadena, California, "and by three or four, they start to pick up negative attitudes about groups."

■ **Don't sidestep, punish or overreact to a negative comment your child may make.** Some parents try so hard to raise their children without any cultural or racial stereotypes that they're shocked when a negative or seemingly bigoted comment pops out of their little one's mouth. If you criticize a child for noticing differences, you'll stifle constructive conversation—and that's the key to raising bias-free kids.

■ **Bolster your child's self-esteem.** "Youngsters who don't feel good about themselves tend to project their negative feelings on others," Garver says. "Studies have shown that they are the ones who are more susceptible to learned prejudicial behavior."

■ **Set an example.** While you should always watch what you say, your real attitiudes are obvious to children in how you behave. If all your friends are just like you, your children are getting a message about how you really feel.

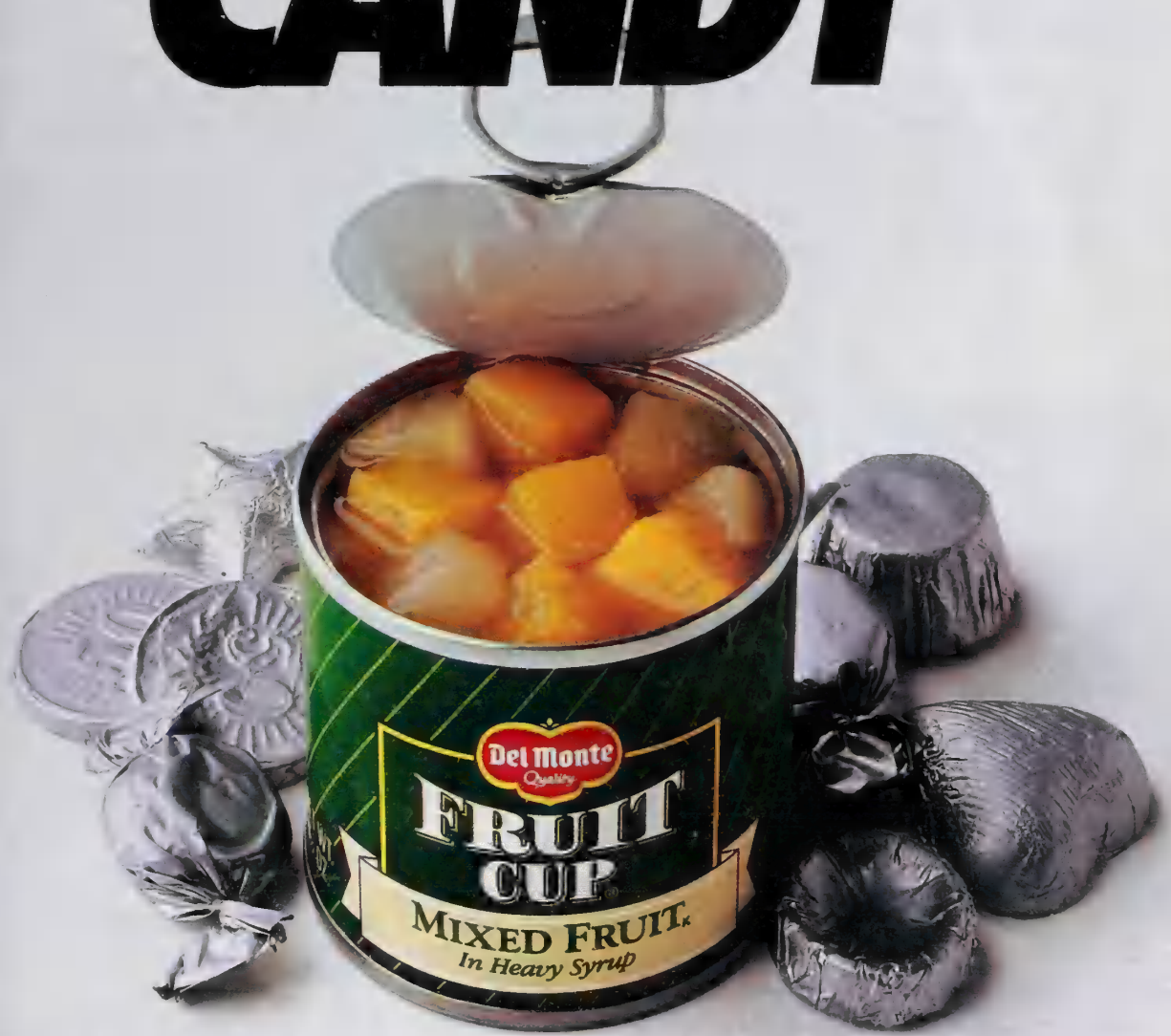
You should also never ignore discrimination on the part of others. That also sends mixed messages and may even be perceived as tacit approval, notes Garver. If a guest says something insensitive, you can simply say, "Oh? Well, that hasn't been our experience."

■ **Know your child's friends and his friends' parents.** While this becomes difficult as children mature and become more independent, you can start early to empower them to handle peer pressure.

If your child comes home and says, for example, "Black people are dumb" or "Jews have all the power," say: "Tell me why you feel that way." If you discover he's overheard a classmate announce this, say: "Your friends are wrong. In fact, it sounds to me like they made a judgment about a group as a whole. Each person has unique strengths and weaknesses."

■ **Show them active alternatives to merely accepting biases.** If your children see something on TV or in a book or magazine that is unfair or inaccurate, help them write a letter to the television station, publisher or editor. (Even seemingly harmless old cartoons may portray racial minorities as unintelligent, women as passive, or disabled people as weak.) Teach your kids to recognize such offensive material as unfair treatment of others.

WHAT FOILS THE CANDY



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PARENTS' JOURNAL

UNDERSTANDING KIDS

BY LAWRENCE BALTER, PH.D.

My mom has offered to take care of my kids, who are two and six, while I'm at work. The problem is, I'm much stricter than my mom about snacks, picking up clothes and bedtime. How can I get her to understand that although I appreciate her help, I need her to support my rules?

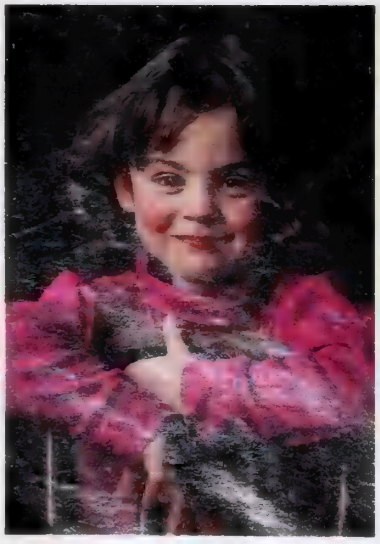
Dr. Balter is a practicing psychologist and professor of educational psychology at New York University. He is the author of *Who's In Control?* (Simon and Schuster, 1989). His most recent publication is *Stepping Stones Stories* (Barrons, 1989), a series of illustrated books for children.

Whenever we delegate authority to another person, we lose a degree of control. The best we can do is to select someone who shares our beliefs and style. In your case, the situation is compounded because the caregiver is your mother. In all likelihood, the disparity will not cause much confusion in your children. They know there are different ways of behaving in different situations. The older child certainly realizes that he must conform to other regulations at school.

I assume you have already made your concerns known to your mother but to no avail. You might diplomatically suggest that, in the interest of consistency, you will provide her with preferred ways of responding to the children in particular situations. However, if you are not there to supervise, you cannot be sure your policies will be carried out. Of course, if you're very concerned, you can reduce the time your older child spends with her by arranging playdates after school.

One idea that may work is to state clearly to your children that you know there are differences between you and your mother, but when they are with you, they must follow your rules. Stand firm when you hear, "But Grandma lets us do it!"

In spite of the inherent frustration, try to see the positive side of your situation: Your kids are getting a chance to know their grandmother, and that can have a very special impact on their lives. In many families, grandparents have moved far away or are so involved in other pursuits they don't have time to devote to their grandchildren. Remember, too, that grandparents have traditionally spoiled their grandkids. It's part of their job!



PEDIATRIC HEALTHLINE

■ My fifteen-month-old is pigeon-toed in both feet. Does she need special shoes or braces? Whom should I see about this?

There are three common causes of intoeing in early childhood. The first to occur is called *metatarsus adductus*. It is seen in early infancy as an actual inward curving of the foot. Mild cases respond to gentle stretching exercises, while others may require special shoes or even casts. *Internal tibial torsion* is seen as children are learning to walk. It is due to an inward twisting of the tibia, the lower leg bone. This condition is quite common and usually mild, and spontaneous correction occurs with growth. Most legs will be straight by three years of age. The third cause is *excessive femoral anteversion* (which is not your child's problem, since it doesn't usually begin before two or three years of age). It occurs when the upper leg bone is angled forward, causing the entire leg to rotate inward so that the knees face together. This temporary condition almost invariably improves by age eight or nine.

These three conditions may all be readily assessed by your pediatrician. In most cases, routine observation by the doctor will determine which children require treatment—the vast majority don't. If the intoeing is severe, or the cause is uncertain, a pediatric orthopedist can make the diagnosis and determine whether treatment is necessary. While the use of prescription shoes can help some children with *metatarsus adductus*, in most other cases there are no specific benefits in using arch supports or high-topped or premium-priced children's shoes.

—David Yaeger, M.D.

ASK THE DOCTOR

Got a question about your child's health? Ask the doctors on the Pediatric Healthline of the Arnold Palmer Hospital for Children and Women, in Orlando, Florida. Call 800-727-9434 the first Wednesday of every month between six P.M. and nine P.M. Eastern time. This month's healthline is on February 6.

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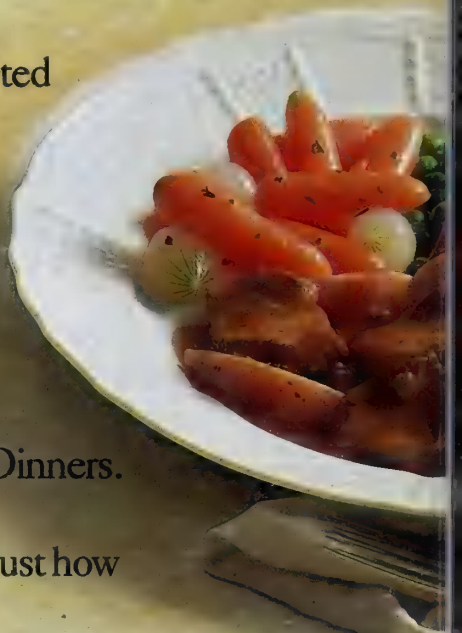

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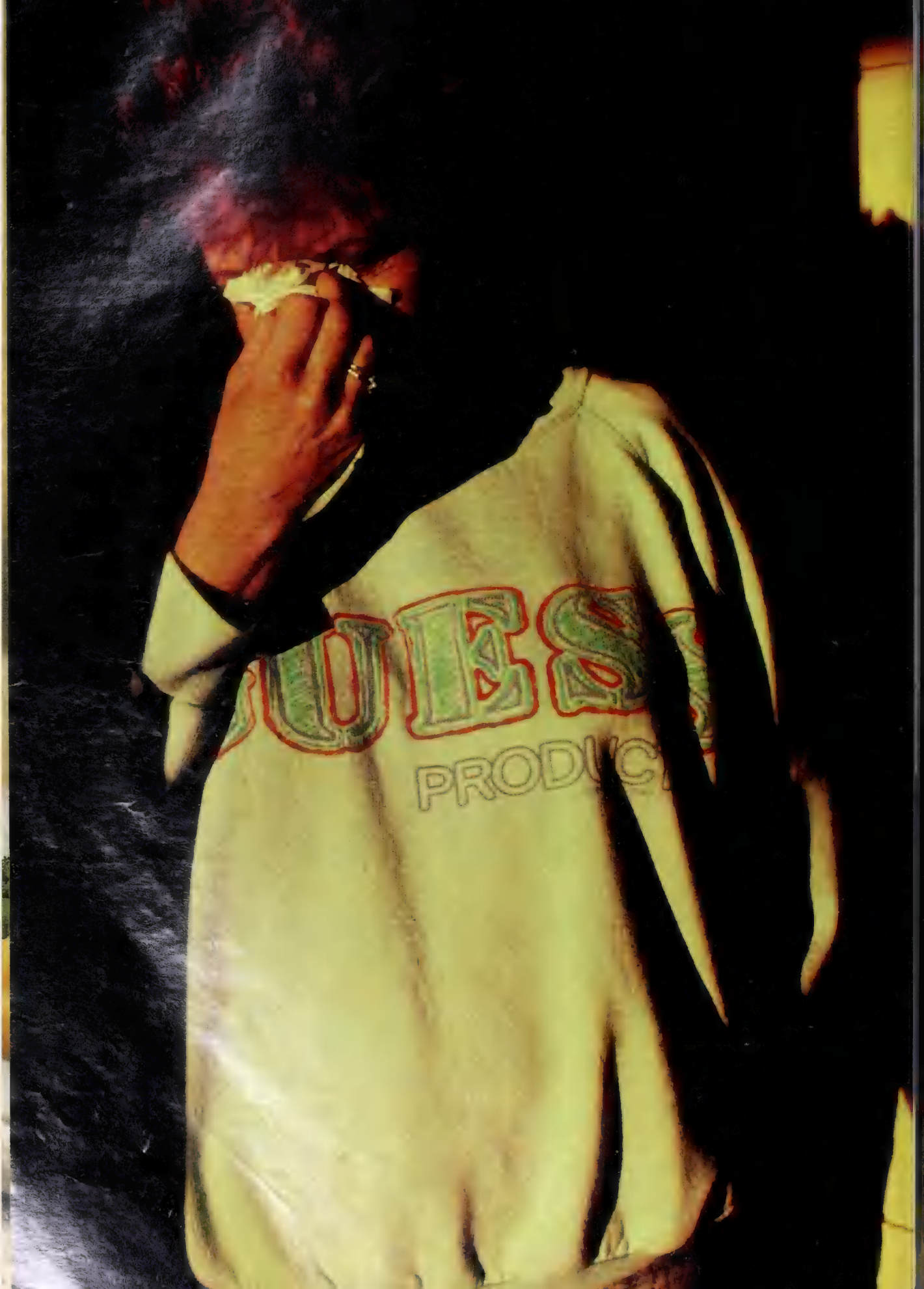
A PLACE TO SAVE YOURSELF

Ladies'
Home Journal
February
1991

EACH YEAR, HUNDREDS OF WOMEN ADDICTED TO DRUGS OR ALCOHOL COME TO THE HAZELDEN TREATMENT CENTER, LOOKING FOR THE STRENGTH TO REBUILD THEIR DAMAGED LIVES—AND FINDING IT WITHIN THEMSELVES. AN EXTRAORDINARY INSIDE REPORT. BY KAREN BRANAN



Lynn Jenkins was savoring her first sip of morning coffee when her twenty-eight-year-old daughter, Maggie, pulled into the driveway of their home in Wisconsin. Strange, thought Lynn, she's here so early.

The minute Maggie walked into the kitchen, Lynn smelled the wine. It wasn't the first time this had happened, but it was the first time that Lynn decided to take action.

"Sit down and have a cup of coffee, Maggie," she said. Meanwhile, she called Harry, an old family friend, who had just completed drug rehabilitation himself.

When Harry arrived, he and Lynn confronted Maggie with the facts of her life: the lost jobs, stolen money, lies, chaotic relationships and hospitalizations.

"It's this simple, Maggie," Harry said. "You can go for treatment or you can die. Those are your choices."

Within a week, Maggie was on her way to Center City, Minnesota, to Hazelden, the famous drug-treatment center that many experts now consider to be the best in the world—a place to save yourself.

At about the same time in California, fifty-six-year-old Helen Blake was opening a letter from her daughter, Beth. "I will not see you again until you take care of yourself," wrote Beth. "I wish you'd go for treatment, but that is your choice; and it will only work for you if you want it to."

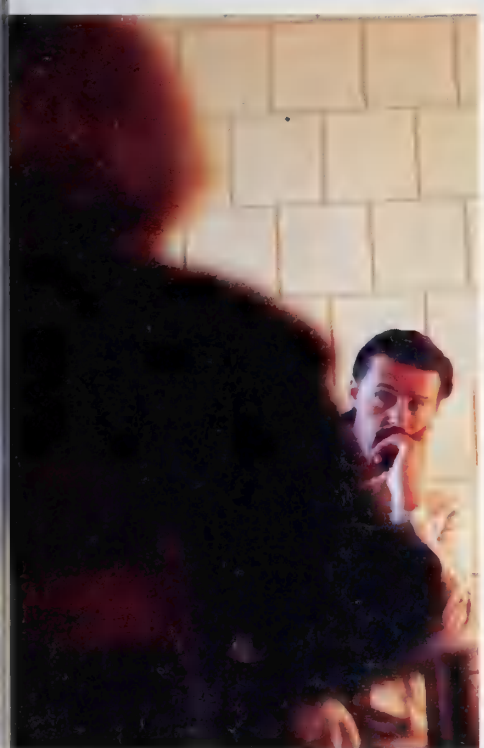
Five days earlier, several of Helen's children and grandchildren had arrived at her house to take her to her youngest son's wedding. She had been so drunk that she could barely walk.

Later that day, her other son, Scott, called to tell Helen that she wouldn't be allowed to see her grandchildren until she got help. Then, when Beth phoned to say, "I've found a nice place in Minnesota with a lake and trees," Helen agreed to go.

A few days later, her face swollen after one last alcoholic binge, she, too, was on her way to Hazelden.

"MY GRANDMOTHER ALWAYS HID HER EMPTY BOTTLES IN THE GARDEN, SO I DID THE SAME. FAMILY TRADITIONS DIE HARD," SAYS LEE.

N DAILY GROUP COUNSELING SESSIONS, PATIENTS EGIN TO WORK THROUGH THEIR PROBLEMS BY HARING THEIR STORIES—AND THEIR TEARS



Emotional rescue

Last year, *LHJ* spent ten days visiting Hazelden; the photographer and I were the first journalists ever allowed inside to observe the treatment process. When we arrived, several dozen women were participating in the month-long program that would teach them to live without drugs. (Their names and some identifying details have been changed to protect their privacy.)

Next to a peaceful lake and surrounded by acres of woods, Hazelden looks more like a vacation resort than a rescue center for desperate people. Yet this is the place where Dorothy Flynn, manager of counselor training, says, "little miracles happen on a daily basis."

Opened in 1949, Hazelden now treats approximately seventeen hundred people a year—six hundred of them women. The number of patients—and the number of women—has grown steadily throughout the years as the problem of addiction has gained more recognition. The patterns, however, have changed: In 1989, 74 percent of the patients

(continued on page 158)

SALLY FIELD

SWEETNESS AND MIGHT

FROM "NORMA RAE" TO "STEEL MAGNOLIAS," SALLY FIELD HAS BUILT STARDOM BY PLAYING POWERFUL WOMEN. HERE, SHE TELLS THE JOURNAL HOW SHE BECAME ONE HERSELF

By Michael J. Bandler

Atop the coffee table in the star's elegant hotel suite rests the card that accompanied a welcome-to-New York gift. Its inscription: "For Sally Fields."

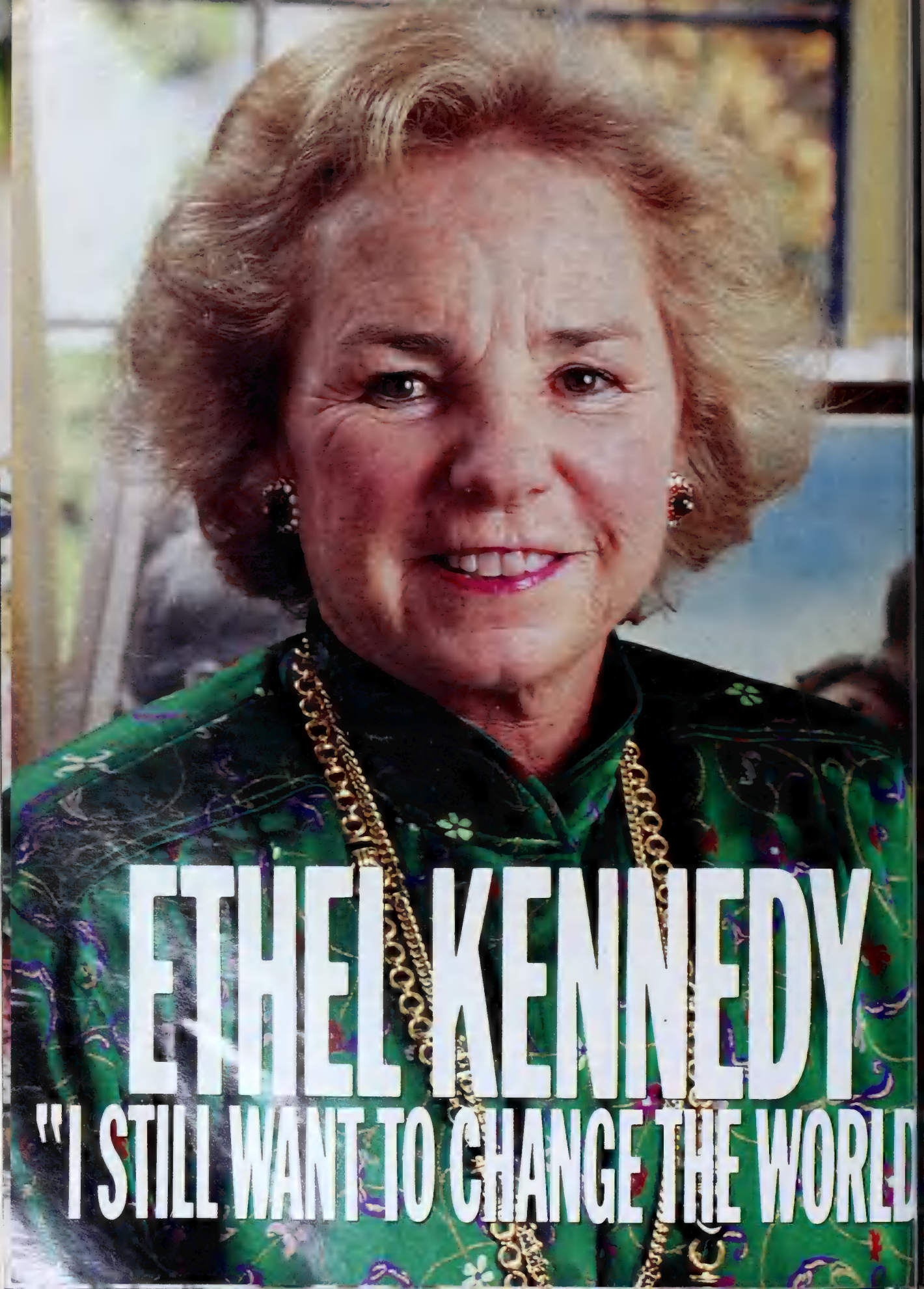
"That's from the studio!" Sally says jokingly of the outfit that ought to know better than anybody that the name, folks, has no *s* on the end—that's "Field," not "Fields," thank you. This is, after all, a two-time Oscar winner we have here. This is a forty-four-year-old—not that she looks it for a minute—who's been a celebrity since the age of nineteen.

Still, Sally's got a *few* things going right for her, such as an acting career that's stronger than ever, a producing career that's picking up speed, and a happy personal life as a wife and mother of three—including an irrepressible three-year-old named Sam.

Wearing black velvet leggings topped with an oversize print blouse, Sally sits barefoot and cross-legged on the couch. Sitting still isn't an activity she's had much time for lately. She and Sam spent five months in Israel filming *Not Without My Daughter*, based on the 1987 book by Betty Mahmoody (originally excerpted in *LHJ*). The recently released movie tells the harrowing true story of an American woman whose attempts to flee post-revolution Iran with her young daughter are blocked by her tyrannical Iranian-born husband.

"It was exactly the kind of thing that I'm interested in doing now," says Field of the role, "an adventure—not a woman's inner struggles with children, the ordinary kitchen drama."

Back home in *(continued on page 194)*


ETHEL KENNEDY
"I STILL WANT TO CHANGE THE WORLD

AT SIXTY-TWO, RFK'S WIDOW HASN'T STOPPED CHAMPIONING HIS CAUSES. IN THIS EXCLUSIVE INTERVIEW, HER FIRST IN FIFTEEN YEARS, SHE SPEAKS OUT ABOUT HER PASSIONS. BY JOE SCIACCA

As she heads for the *Resolute,* her twenty-seven-foot sailboat bobbing on the choppy waters of Hyannis Harbor, Ethel Kennedy winks.

"C'mon," she goads her guests at the Kennedy family compound. "I'll make you cry uncle."

"Bring life jackets!" an aide says.

Then she's off, her boat cutting through the water at racing speed, sending a fine spray over her passengers. Ethel loves every minute of it.

"Unless you're used to it, being around her is exhausting," her son, Michael, concedes cheerfully.

America long ago pigeonholed Ethel as the courageous widow of the murdered Bobby, left to raise eleven children alone following his assassination in 1968; that same year, she was voted the most admired woman in the country in a Gallup poll. But the real Ethel is not some plaster saint. Instead, she's a lively sixty-two-year-old woman who plays tennis and practical jokes with equal enthusiasm, and who skis in Aspen as wholeheartedly as she champions political causes.

She does not talk easily about herself; indeed, this conversation with *Ladies' Home Journal* is her first major interview in fifteen years. She has never publicly discussed the tragedies that have shadowed her: the assassination of her husband, the loss of her parents in a plane crash, the drug-overdose death of her son David in 1984.

Her social life as a widow has been highly private, too. In days gone by, there was (*continued*)

(*continued*) occasional gossip that she might marry some old family friend, such as singer Andy Williams. But now she attends social events alone or with one of her grown children. Ask about remarriage, and you get nowhere: A reporter once said to her, "I'm afraid I didn't catch your answer—would you want to marry again?" Ethel replied dryly, "I *didn't* answer."

About her eighteen-year marriage, she now offers only one observation: "I was very privileged and lucky." She still talks eagerly about the trip she and RFK took in 1966 to South Africa, where they met secretly with leaders of an antiapartheid students' group. "Bobby gave people hope," she says reflectively. "One fellow there said the greatest thing that could have happened was knowing that someone in the United States cared. That has remained such a vivid memory for me."

Today, she supports the causes she believes her husband would have favored, raising money through celebrity golf and tennis tournaments for the Robert F. Kennedy Memorial.

That Washington, D.C.–based organization, founded in 1968 by RFK's family and friends, honors the work of authors, journalists and human-rights activists back in the U.S. and abroad who expose the plight of the disadvantaged.

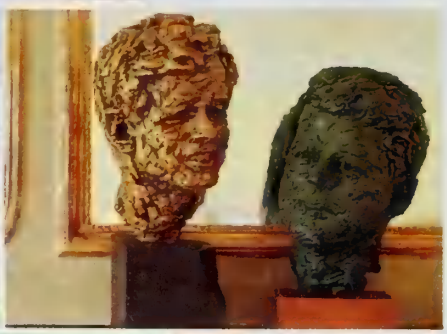
In the summer of 1989 Ethel went to Africa again, this time with Michael, the image of his father, to promote humanitarian aid and American business investments there. As part of the mission, Michael's nonprofit power company, Citizens Energy Corporation, loaded a plane with medical supplies for thousands of people suffering famine in the Congo, for victims of the civil war in Angola, and for returnees to the soon-to-be-independent country of Namibia. It was Michael's mission, and at one point, Ethel gave him her highest accolade: "Your father couldn't have done it better."

On the weeklong trip, it was, as always, the children who stole Ethel's heart: She danced in the dirt with a little boy at a Namibian resettlement camp. In a dark Angolan hospital room, she comforted a six-year-old girl who was severely wounded in a mortar attack that left both her parents dead.

"Aries are always trying to change the world, and sticking their noses into other peoples' business," she says.

She doesn't hold back on more controversial issues, either—for example, the crisis in the Persian Gulf. "When the Iraqi invasion occurred, I really hoped the president would ask us all to tighten our belts and look for alternative forms of energy," she says. "Instead, what have we got—troops over there to preserve everybody hopping in their cars?

"Our answer, again, is aggression. It drives me bananas. People will shed blood so we can be comfortable over here? It's not the way," she declares.



Top to bottom: A trove of memorabilia bears witness to RFK at Hickory Hill, Ethel's Virginia home. Left: Today, she tries to carry on his humanitarian causes (here, with a child on her African trip)

A sense of history

Such feistiness is characteristically Kennedy—and characteristic, too, of the woman who might have been born to join the famous clan. The former Ethel Skakel was the sixth of seven children from a rich Connecticut family, and married Bobby when she was only twenty-two. Deeply religious—she still attends Mass daily—she also shared the Kennedy reverence for family and their fierce competitiveness in everything from touch football to politics.

Both Hickory Hill, the year-round home in Virginia that she once shared with Bobby, and her summer *(continued on page 193)*

Discover a World of Wonder and Hope!

©1990 Reco.

K gold rim
ictly limited to
500 plates worldwide

Shown smaller than actual size of 8½"

Rainbow To Ride On

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kingdom inhabited by enchanting, wide-eyed children, nificent unicorns, and doves that fly through rainbow s. The Hamilton Collection and Reco International intro- e you to this magical fantasy world of internationally aimed artist Jody Bergsma!

remarkable new collector plate, "Rainbow To Ride On," s you to this magical kingdom. This mystical master- e premieres a collection of eight colorful Jody Bergsma inals entitled *The Guardians of the Kingdom* Plate Collec- . Each issue will be hand-numbered and certified on its rse.

s an owner of "Rainbow To Ride On," you will have the t—*but no obligation*—to acquire each issue in this won- ul collection. Our *100% Buy-Back Guarantee* allows you turn any plate for a full refund within 30 days of receipt. Rainbow To Ride On" is limited to a worldwide edition of 00 and demand may be strong. Applications will be pro- ed in order of receipt, so send in yours *today!*

Respond by: February, 28, 1991

Limit: Two plates per collector

Please accept my reservation application for _____ (1 or 2) "Rainbow To Ride On" plate(s) at $35.00 (plus $2.48 shipping and handling) each, payable in two monthly installments.

I need send no money now. I will be billed for my first installment of $18.74* per plate prior to shipment.

PFM1 QD 3C

Ms./Mrs./Mr. _____

Address _____

City _____

State _____ Zip _____

Telephone No. (_____)_____

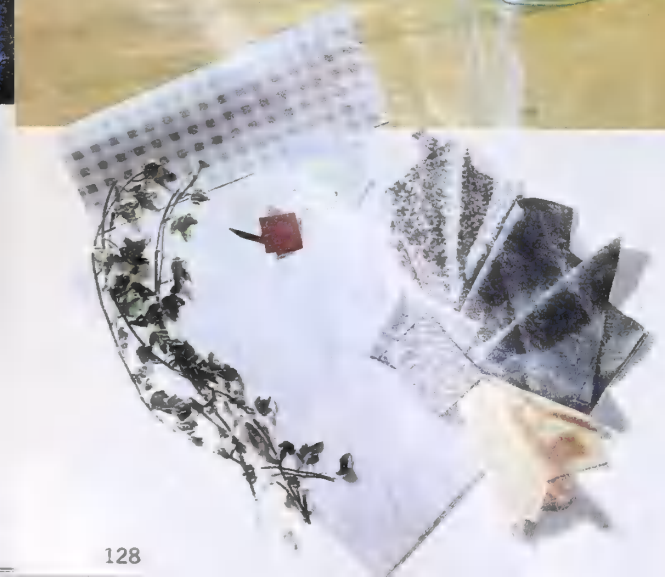
Signature _____

*CA, FL and IL residents will be charged the appropriate state sales tax.

All applications must be signed and are subject to acceptance.

The Hamilton Collection

4810 Executive Park Court, P.O. Box 44051, Jacksonville, FL 32231



AT LEFT, TODAY'S MOST IMPORTANT ELEMENTS OF STYLE: ACCORDING T THE COUNTRY'S LEADING DESIGN EXPERTS, THE NEWEST, TRENDIE PALETTE ECHOES THE GREAT OUTDOORS. THE GENOVESES' KITCHEN SHOW OFF A COORDINATING BLEND OF MISTY BLUE (NOTICE THE FLORA PATTERNED FABRIC), LEAF GREEN AND SUNNY YELLOW ACCEN

Photos: top, left and right, Jon Jensen; bottom left, Bill Milne.

BY LAUREN PAYNE, DECORATING EDITOR

NOW, MORE THAN EVER, THE KITCHEN IS THE ONE ROOM THAT CAN BOOST THE VALUE OF YOUR HOUSE. HERE, TWO FAMILIES WHO TRANSFORMED OUTDATED KITCHENS INTO BRIGHT, MODERN HAVENS

LIGHTEN UP

A major design trend of the nineties is the back-to-nature look, and the kitchen is the most natural place to bring the outdoors in. Greg and Mattie Genovese's Oyster Bay, New York, kitchen features lots of plants that play perfectly with country-meadow hues. Though the kitchen was always a gathering spot, it was quite dark and dreary before the couple had the bright idea of giving the room a face-lift with simple cosmetic changes (see story on page 132). Now sunlight streams through virtually unadorned windows, highlighting the pale pine cabinetry. Charming checked wallpaper makes the room even more inviting.

erior design, Thomas Hills Cook; al design, Jill Chaffin; general tractor, Bruckner Carpentry; cab- refinisher, Giacomelli & Mazza, flooring, Armstrong Solarian reme; new appliances, Designer te Collection from Magic Chef; ntertops, sinks and backsplash, Dont Corian; furniture, Replicas 00 Collection, Thomasville; fau-, Studio Series by Delta Faucet ; recessed lighting, Lightolier; nts, Benjamin Moore; firescreen, ssfyre® Contemporary by Port- Willamette; accessories, Kitch- Bazaar; wallcovering, Mario tta, Sterling Prints; window tment and seat cushions, West- Fabric. Details, page 165.

LEFT: IF YOU'RE GIVING YOUR KITCHEN A BRAND-NEW LOOK, CONSIDI GETTING DOWN-TO-EARTH WITH WARM DESERT SHADES OF SAND, MAUVE, SLA AND ALMOND LIKE BONNIE HANVEY DID. THESE COLORS ARE SOOTHING, WOI WELL TOGETHER AND LOOK ESPECIALLY GOOD WITH PALE WOOD. TI PAINTERLY FABRICS ON THE WINDOWS AND CHAIRS COORDINATE AND AD INTEREST TO THIS PARED-DOWN SPACE WHILE ECHOING THE EARTHY THEI

Photos: top, left and right, Jon Jensen; bottom left, Bill Milne.

THE REGIONAL TASTES OF ITALY BROUGHT TO AMERICA.

In Italy, each region differs in landscape, customs and food. What is grown there shapes each region's distinctively different pasta sauce. Now the recipes for these great regional pasta sauces have been brought to America by Classico. Using only the finest ingredients, Classico makes the best sauces you can buy.

Try Classico and taste the difference authenticity makes.

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CLASSICO® AUTHENTIC REGIONAL PASTA SAUCES.

A RENOVATION FOR MODERN STYLE

A FUNCTIONAL, ATTRACTIVE KITCHEN IS A MUST FOR ANYONE WHO LOVES TO COOK AND ENTERTAIN. BELOW, THE STEP-BY-STEP STORY OF HOW WE BROUGHT BONNIE HANVEY'S KITCHEN INTO THE NINETIES

Ever since Bonnie Hanvey purchased her house a year and a half ago, she's wanted to gut her seventies-style kitchen. Last year, she was finally able to invest in a major renovation. Our eight-step plan:

■ The room needed more sunlight, so we installed windows in the dining area, two skylights, and a French door to the patio. Extending the bay window let in more light and enlarged the breakfast room.

■ In most U-shaped kitchens, the sink faces the window. But Bonnie hated working with her back to family and friends. We installed a new double sink several inches to the right of the old one. Now Bonnie can face the dining area while preparing meals. Bonus: The sink can also be used from the other side of the counter—as easy access from the patio or as a work station for an assistant cook.

■ Pale wood cabinets (cherry with a light whitewash) and light stone-look countertops are spare, elegant.

■ In keeping with the streamlined theme, we installed built-in appliances covered with matching wood panels.

■ To give a lofty look, we removed the soffit (an overhang that drops from the ceiling—very common in older homes) separating the cooking area from the dining area. With the ceiling unified, the room suddenly seemed larger. We painted the ceiling the same soft mauve as the walls, which made the ceiling seem higher.

■ Since we knew Bonnie wanted no-fuss vinyl tile, we suggested something unique: coordinating tiles of slate, mauve, sand and celadon installed in a pattern that resembles an area rug. The colors set the tone for the kitchen, and the floor became a conversation piece.

■ Window treatments are minimal—a simple Roman shade that coordinates with the chairs.

■ We outfitted the dining area with a striking glass-top table set on a Greek column surrounded by dressy slipcovered chairs. With walls enhanced by a pair of colorful prints, the eating area takes on a sophisticated dining-room feel.

The renovation took about ten weeks, and Bonnie couldn't use her kitchen for much of that time. No problem—she set up a temporary kitchen in her rec room, where she has a wet bar. She put the old refrigerator and microwave down there. There were times when she felt frustrated at not being able to use the room for so many weeks, but, she says, "in the long run it's more worth the trouble than I ever imagined."

The Hanvey family is happy at last (top photo, from left: son Erik; Bonnie; son Scott's fiancée, Stephanie; and Scott). Above and right: In Bonnie's new kitchen, roomy floor-to-ceiling cabinets keep everything out of sight

ll my life I had weight problem, then I lost 24 lbs."

—Cheri Browner

"I had been overweight all my life. But after my first pregnancy it got worse. I tried lots of diets but they never seemed to work. They just left me feeling hungry. Then my pharmacist told me about the Dexatrim® diet plan. With Dexatrim, I found I ate less because I wanted less. I just took one Dexatrim in the morning and I was fine all day. I didn't even feel like I was dieting. I could just say, 'no thank you' and mean it. I still ate most of the foods I loved—just less of them. For the first time, I was in control. But it was at a family wedding that I really felt proud. People hadn't seen me in months. My husband's whole family was there. They just couldn't believe it was really me. It was Dexatrim that made it possible. I never want to go back to the old me. And with Dexatrim, I won't."

Clinical studies show people on the Dexatrim diet plan were more successful losing weight than those who dieted without Dexatrim. It helps control your appetite so you eat less and lose weight. And it has no caffeine to make you nervous.

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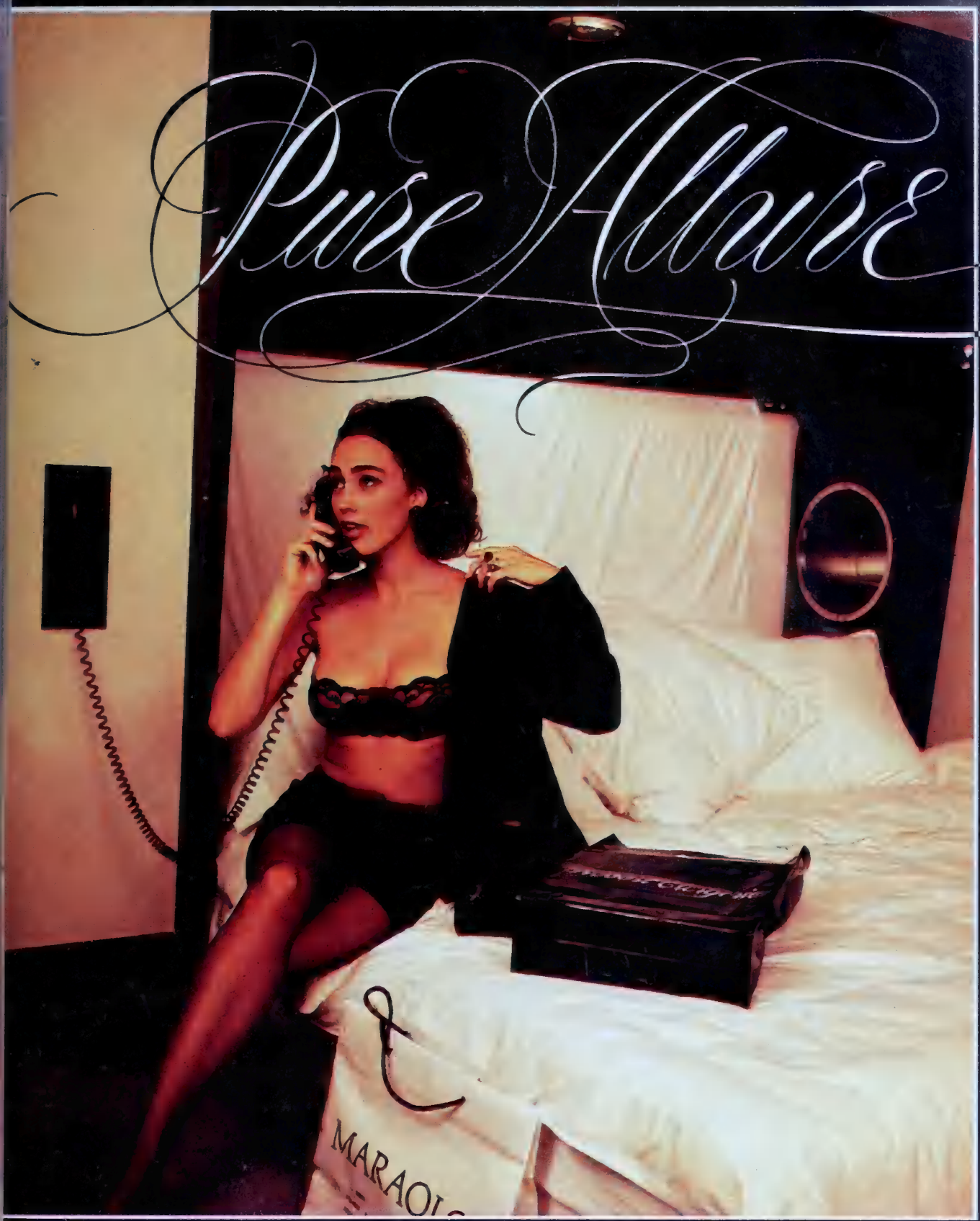
Nothing works harder to help you lose weight.

—Thompson Medical Co., Inc.

Browner may not be typical of the average Dexatrim user. Weight loss varies ie individual depending on a variety of factors. Most users need to lose less weight.

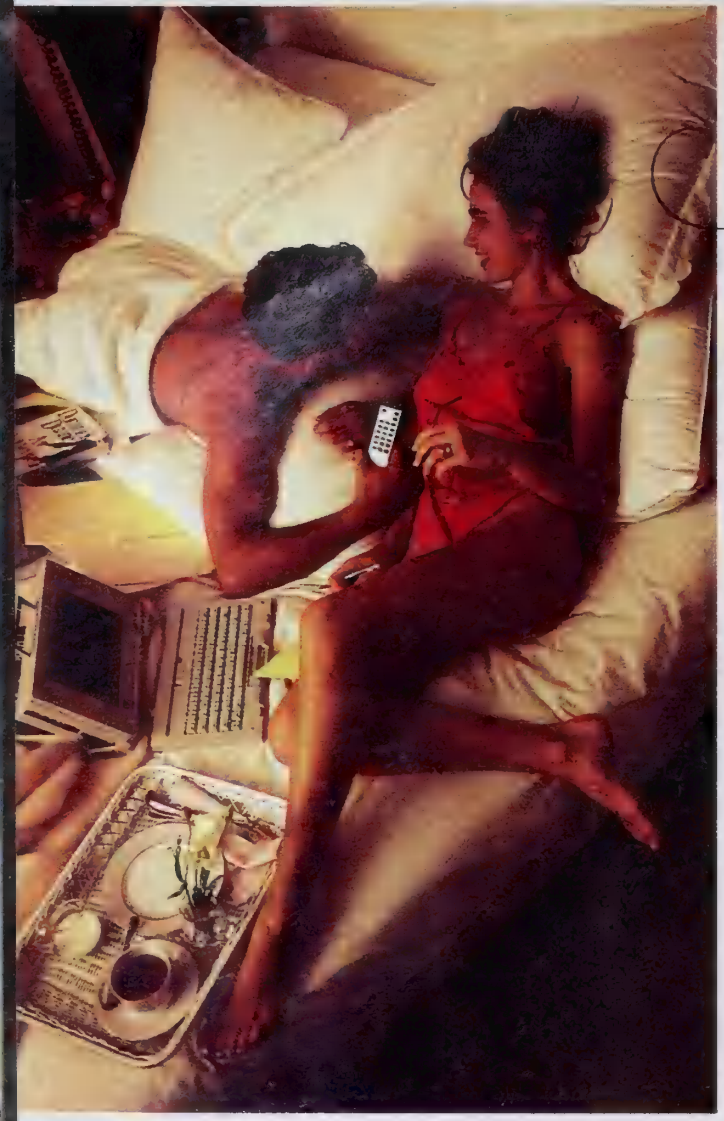
Today lingerie is anything but understated—the styles are sensuous, much too pretty to save for special occasions. So share the fantasy . . . slip into something sexy and see what it does for the spirit



ppy Valentine's Day! He showered you with roses, chocolates and kisses, and you have a little surprise for him, too: a tasy in shocking pink by Christian Dior. The set is laced with luxury—a scalloped demi-cup bra, a high-cut bikini and ters for the leggiest look. Above: A black lace strapless can be your secret under a strictly business suit. This one, by nity Fair, has an underwire and wide under-bust band—key shape-making ingredients. Skirt and jacket, Patricia ne; shoes, Coco at Maraolo; earrings and rings, Cynthia Rybakoff; watch, Time Will Tell; bag, Maraolo from Emporio mani. Left: pearls, Les Bernard; robe, M.A. Rabinowitz; hose, Christian Dior; his pajamas, Polo by Ralph Lauren.

dulge yourself with a trendy bustier and panty duo like this sexy set in white stretch lace by La Perla. The bustier has m, adjustable, stretchy straps and a flattering demi-cup underwire bra. The panties have fluted legs that softly float over s and thighs with no binding elastic. Simply stunning. Above: What would you wear a sizzling stretch bodysuit under? solutely anything, from a knit bodydress to blue jeans. You want one like this black stretch-lace number blooming with ses, by Valentino. Its smooth, swimsuit-like construction really whittles midriff bulges, and it's pretty enough to let peek t from under a jacket. Shoes, Natori; bracelet, Patti Horn at Fragments. Left: linens, Palais Royal.

Pure Allure



Weekend chic: Thinking of catching up on some paperwork on Friday night? Think again if you're wearing this fire-engine-red lace and silk teddy by Sami

"After years of androgynous looks, a full silhouette is in again and the push-up demi bra is very important," says Gloria Falla, VP of design for Warner's and Valentino.

■ "Everyone wants a bra with support," says Dolores Dabe, director of creative design for Christian Dior and Lily of France, "but not total coverage, and that's why the new demi-cup bras are ideal." Just be sure the bra you buy has an underwire. Falla stresses that underwires are key for a perfect fit no matter what your bust size. If you're small-chested, an underwire will give you a fuller look. If you're a size C or over, you should not go without the support of an underwire. ■ Here's a foolproof formula from lingerie-fitting experts for determining your bra size: First, measure your chest at the rib cage, directly under your breasts, without a bra on. Pull the tape measure taut. Add five inches to the number and that's your bra size. For example, if your under-bust measurement is twenty-nine, add five inches for a total of thirty-four. For your cup size, put your bra on and measure your chest at the fullest point, placing the tape measure across nipples. If that number is one inch larger than your under-bust measurement, you're an A; two inches larger and you're a B; three inches larger, a C; four inches larger, a D. ■ It makes sense to have bras with different straps—T-back, wide-set straps—to go with your clothes. When you need a treat, splurge on various lacy styles, colors and prints to shape you differently for different outfits.

"Hot fashion colors as well as all sorts of extravagant prints happen to be the hottest trend in intimates today."—Bob Hall, vice-president of marketing for Playtex

■ Although bras, camisoles and teddies are still selling in the traditional colors—white, black, beige and blush—more and more women are opting for spicier shades. At Christian Dior, sales of bright colors and prints more than doubled in the past two years, and these now represent half of all sales. This spring, Olga will be putting out thirty-eight new fashion colors and twelve new prints, whereas just five years ago the only colors in the line were light pastels, according to Norma Fulcher, assistant vice-president of advertising for Olga. ■ Most women are buying classic clothing with staying power, so wild lingerie is really the only way they can afford to be frivolous. So if you never dared to buy hot-colored, brightly patterned lingerie, now's the time to go for it!

"Sexy lingerie isn't just for men—it can boost your sense of confidence and desirability."—Shirley Zussman, a sex therapist and marriage counselor in New York City

■ Why are women more interested than ever in lacier, racier lingerie? Zussman attributes this trend to the need for women to return to a strong feminine identity after all the hard work of career, motherhood and fitness. "Women in the corporate world feel in some ways that their femininity is cloaked. Those tailored clothes speak of their efficient, businesslike, practical and perhaps masculine side—so they slip on beautiful lingerie that confirms their femininity and balances out that other image of themselves," says Zussman.

HANDS

Elbows...
Knees...
No matter what kind of workout you give them, Suave's new richer moisturizing lotion keeps the roughest, driest areas soft. So imagine how the rest of your skin will feel.

And all for less than you'd expect to pay.

Suave. You don't have to spend a fortune to moisturize your skin Suave®

ELENE CURTIS, INC.

WHAT'S THE EASIEST, MOST DRAMATIC BEAUTY SWITCH YOU CAN MAKE? GIVE YOUR HAIR HEAD-TURNING STYLE

SECRETS TO SENSATIONAL HAIR

WE WANTED TO KNOW IF IT WAS POSSIBLE TO TAKE PROBLEM HAIR AND TURN IT INTO YOUR BEST ASSET WITHOUT A LOT OF TIME, MONEY OR EFFORT. SO WE WENT TO THE BEST—SUPERSTAR BRITISH HAIR STYLIST JOHN FRIEDA, WHOSE INNOVATIVE TECHNIQUES HAVE SET THE STANDARD FOR HAIR IN THE NINETIES: POLISHED, FLUID AND FEMININE. FRIEDA HAS JUST OPENED A NEW SALON IN NYC, AND WE ASKED HIM TO WORK HIS MAGIC ON FIVE WOMEN WITH HAIR IN DESPAIR. ONCE YOU READ HIS FABULOUS TIPS, YOU'LL CHANGE THE WAY YOU STYLE YOUR HAIR FOREVER.

BY LOIS JOY JOHNSON, BEAUTY & FASHION DIRECTOR

Many women love the luxurious look and feel of long hair—but long, limp and lifeless won't do a thing for your looks. If you want to leave it long, Frieda has the perfect prescription for instant shiny, sexy waves: Shampoo, towel-blot hair; apply a spray lotion or mousse, concentrating on the roots (don't use too much). Dry with a diffuser or blow-dryer on a low setting until what Frieda calls the "conversion point"—the critical moment when hair is not quite dry and before style is locked in (it's hard to explain, but if you blow-dry your hair, you'll know when it's reached this point). Then part hair in the center and roll large sections of hair on paper coffee cups (Frieda's invention—cut off the bottoms of the cups so they look like giant rollers; you'll need eight to ten); clip. Let air-dry five to ten minutes, remove rollers and loosen the set with fingers to keep lift and texture intact.

The products for this look: A gentle shampoo that boosts shine and a conditioner with UV protection, such as L'Oréal Technicare Gentle Shampoo and Creme Conditioner. L'Oréal Studio Line Sculpting Mousse adds body.

One of the m
common c
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from women is
their hair looks av
when it dries natur
and too thin when
blow-dry it. Accor
to Frieda, the secret
the cut. A chin-le
trim is an almost
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shampoo and to
blot hair, apply
body-building sty
product. Then flip
forward and dry to
version point. N
count on Frieda's sty
magic: Flip head

and use a large ro
brush and blow-d
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You'll end up with
of movement an
modern, smooth s
P.S. The best time-s
for the new poli
hair—a shampoo
conditioner in one.
for Revlon Flex &
Pert Plus or Vidal
soon Ultra Care. St
products to try: Cl
Styling Glaze or
bastian Liquid Sha

Nothing drags your looks down more than growing out layers or bangs. But you don't have to live with a nondescript style or cut your hair shorter. Frieda's idea for those with straight to wavy hair: Work the layers into big sexy waves so they blend in with rest of hair. Shampoo and condition hair. Towel-blot and apply a styling spray or mousse. Flip head forward, dry to conversion point, flip back. Side-part hair, then set big sections in giant pincurls: Starting at the root, wrap each section around three fingers; clip. Air-dry ten minutes or gently blow-dry. Use a vent brush to smooth into shape. To get this look, you want products that add body and smooth flyaways, such as Revlon Internationals Shampoo and Conditioner in Scandinavian Highlighting and Brightening Botanical Formula or Shampoo de Pantene and Creme Conditioner de Pantene. To lock in style, try Alberto VO5 Conditioning Extra Hold Mousse or L'Oréal Studio Line Modeling Spritz.

Plagued by unc
trollable frizzi
Dry, coarse, n
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hair is the hardest t
to deal with. Hair
this needs control, di
tion and gloss,
Frieda has the ans
you've been wai
for. After shampoo
while hair is still
apply a lightwe
styling gel—con
trate on top
hairline. Frieda's
frizz product, Frizz-E
is the best w
tried—it was a
seller in England
year, and now
available in the
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Thrifty Drug, V
green's, Pay-Less,
ple's and Genov
Comb product thro
hair and diffuser-
Count on a texture-
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conditioner to minit
frizz, such as Cl
Condition Moisturi
Shampoo and Cl
Condition Revitali
Treatment or Re
Clean & Clear
Moisturizing Shan
and Conditioner.

Think there's nothing you can do with ultra-fine, straight, skimpy hair? While it can look great straight and bobbed, most women with hair like this will do anything for volume. Frieda's answer? A quick styling trick. Shampoo, towel-blot and apply a lightweight extra-body styling product at the roots. Flip hair forward and scrunch hair while drying to conversion point. Flip back and grab large, random clumps of hair; scrunch and clip tight to the head. Pay attention to front section—you want it to wave off your face. Diffuser-dry five more

minutes. Remove clips and loosen hair at roots with fingers. Look for a shampoo that removes product buildup and a conditioner that builds body like Suave Daily Clarifying Shampoo and Conditioner or Vidal Sassoon Advanced Extra Body Shampoo and Conditioning Rinse. Helene Curtis Salon Selectives Maximum Control Styling Spritz or Maximum Control Mousse add extra body.

Inside this can is the richnes
of four red ripe tomatoes, nine special seasonings and a world of inspiration. So...

Mm! Mm! Good!®

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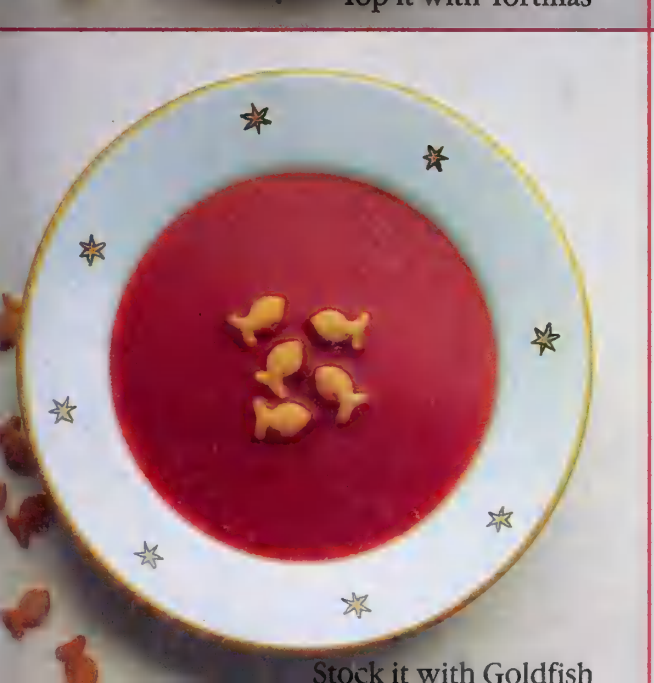
Shred on some Cheese

Spoon in Pasta

Top it with Tortillas

Swirl in Sour Cream



Stock it with Goldfish

Stir in Rice

Reynolds® Oven Cooking Bags.

ROAST AND RELAXATION.

ROAST AND RELAXATION.

- 1 large (14″ × 20″) Reynolds Oven Cooking Bag
- ½ cup flour
- 1 can (8 oz.) tomato sauce
- ½ cup water
- 1 teaspoon instant beef bouillon
- 1 teaspoon salt
- ¼ teaspoon pepper
- 4 lb. beef rump roast, boneless
- 3 medium carrots
- 2 medium onions
- 3 stalks celery, cut in 1 inch slices
- 1 medium red or green pepper, cut in 1 inch squares
- 8 new potatoes, whole

Preheat oven to 325°F. Shake flour in large size (14″ × 20″) Reynolds Oven Cooking Bag; place in 13 × 9 × 2-inch baking pan. Roll down top of bag. Add tomato sauce, water, instant bouillon, salt and pepper; squeeze bag gently to blend. Trim fat from roast; place roast in bag. Peel and quarter carrots and onions; add to bag with celery, red pepper and potatoes. Turn bag gently to coat ingredients with sauce. Close bag with nylon tie; make 6 half-inch slits in top. Bake 1¾ to 2¼ hours or until tender. To serve, spoon gravy from bag over roast and vegetables. Makes: 6 to 8 servings.

For FREE recipes, write
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Don't like basting? Or tending a lot of pots and pans? Or cleaning up all those pots a pans? Reynolds® Oven Cooking Bags han all those beefs and serve up a tender, juicy and delicious meal.

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Real cooking. Why make it tough?

FOOD JOURNAL

PUT A LITTLE LOVE IN YOUR HEART

IRRESISTIBLE CHOCOLATE HEARTS
FOR THE SWEETEST VALENTINE'S DAY EVER

CHICKEN RECIPES NEW, FAST AND FABULOUS

DELICIOUS INTERNATIONAL
ENTREES YOU'LL COOK AGAIN AND AGAIN

TRIPLE-TESTED LHJ RECIPES

DAILY BREAD

OUR HOMEMADE LOAVES (MADE FROM JUST ONE DOUGH) ARE THE PERFECT WINTER TREAT

THE BETA CAROTENE COOKBOOK

A HOST OF GREAT-TASTING WAYS TO MAKE THE MOST OF THIS BEST-FOR-YOU NUTRIENT

MICRO-ROASTED CHICKEN WITH HERBS AND GARLIC; POLENTA WITH PARMESAN AND TOASTED WALNUTS

CHICKEN RECIPES NEW, FAST AND FABULOUS

EVERYBODY KNOWS CHICKEN IS QUICK, INEXPENSIVE AND GOOD FOR YOU. THE PROBLEM? CHICKEN COOKED THE SAME OLD WAY CAN BE DOWNRIGHT BORING. WELL, WE'VE GOT SOME GREAT NEWS: ENTICING, UNUSUAL ENTRÉES AND SIDE DISHES THAT'LL CHASE AWAY THE "CHICKEN AGAIN?" BLUES

BY JAN TURNER HAZARD, FOOD EDITOR

○ Easy ● Challenging
◒ Moderate Ⓜ Microwave

CHICKEN NORMANDY

This classic entrée, inspired by the cuisine of northern France, features a sophisticated combination of pears and tarragon.

Prep time: 5 minutes ○
Cooking time: 15 to 18 minutes

- 1 tablespoon vegetable oil
- 4 boneless, skinless chicken breast halves
- Salt and freshly ground pepper
- 1 tablespoon butter or margarine
- ½ cup finely chopped onion
- 2 ripe pears, cut into 8 wedges each
- 3 tablespoons cognac or brandy
- ½ cup heavy or whipping cream
- ½ teaspoon dried tarragon

Heat oil in large skillet over medium-high heat. Pat chicken breasts dry on paper towels; sprinkle with salt and pepper. Add to skillet and cook just until firm, 5 minutes per side. Remove from pan; keep warm.

Melt butter in same skillet over medium-high heat. Add onion and pears. Cover and cook, stirring occasionally, until pears are tender and golden, 3 to 5 minutes. Add cognac; cook uncovered until almost all liquid is evaporated, about 30 seconds. Stir in cream, tarragon, and ¼ teaspoon *each* salt and pepper. Cook over high heat until sauce is thickened, 3 minutes. Spoon over chicken. Serve with Micro Mashed Potatoes. Makes 4 servings.

Per serving: 345 calories, 28 gm protein, 19 gm fat, 15 gm carbohydrates, 253 mg sodium, 117 mg cholesterol.

MICRO MASHED POTATOES

In the microwave, creamy mashed potatoes are as easy as instant.

Prep time: 5 minutes ○ Ⓜ
Microwave time: 18 to 19 minutes

- 2 pounds baking potatoes, peeled and cut into 1-inch cubes
- 1½ cups milk
- 2 tablespoons butter or margarine
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

Combine potatoes and milk in 5-quart microwaveproof casserole with lid. Cover and microwave on High 9 minutes; stir. Microwave covered 9 to 10 minutes more, until tender. Stir in butter, salt and pepper. Rice or mash potatoes until smooth. Return potatoes to hot milk mixture and stir to blend. Makes 4½ cups.

Per ½ cup: 125 calories, 3 gm protein, 4 gm fat, 20 gm carbohydrates, 174 mg sodium, 13 mg cholesterol.

JERK CHICKEN

This spicy Jamaican specialty, served in "jerk shacks" all over the island, has been popular there since the days of Columbus. Here, the traditional flavors of ginger, pepper and allspice simmer until the chicken is tender enough to be "jerked" from the bone.

Prep time: 10 minutes plus marinating ○
Cooking time: 40 minutes

- 6 whole chicken legs
- 2 teaspoons ginger
- 1 teaspoon paprika
- ½ teaspoon ground red pepper
- ½ teaspoon allspice
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 tablespoons vegetable oil
- 3½ cups chopped onions
- 1 tablespoon minced garlic
- ¾ cup chicken broth
- 1 can (8 oz.) tomato sauce

Remove skin from chicken. Combine spices, salt and pepper in large bowl. Add chicken and toss to coat. Cover and refrigerate 1 hour.

Heat oil in large skillet over medium-high heat. Add chicken and cook until browned, 4 minutes per side. Transfer to plate. Discard all but 1 tablespoon drippings from skillet. Add onions and cook covered until translucent, about 4 minutes. Stir in garlic and cook 30 seconds. Add chicken broth and tomato sauce. Return chicken to skillet. Bring to boil, reduce heat and simmer covered 30 minutes. Transfer chicken to platter. Season sauce to taste and pour over chicken. Serve with Cumin Rice and Black Beans. Makes 6 servings.

Per serving: 265 calories, 32 gm protein, 10 gm fat, 11 gm carbohydrates, 689 mg sodium, 121 mg cholesterol.

CUMIN RICE AND BLACK BEANS

This traditional Caribbean side dish is prepared in half the time by using canned beans instead of dried.

Prep time: 5 minutes ○
Cooking time: 25 minutes

- 1 tablespoon vegetable oil
- 1 teaspoon minced garlic
- 1 teaspoon cumin seeds
- 1 cup long-grain rice
- 1 can (13¾ or 14½ oz.) chicken b
  plus enough water to equal 3
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 can (15 oz.) black beans, draine
  and rinsed

Heat oil in large saucepan over me
high heat. Add garlic and cumin; co
seconds. Stir in rice. Add chicken
and water, salt and pepper. Bring t
reduce heat and simmer covered 2
utes. Stir in beans; cook covered
beans are hot, about 2 minutes
Makes 6 servings.

Per serving: 185 calories, 5 gm protein, 4 gm fat
carbohydrates, 640 mg sodium, 0 mg cholestero

STIR-FRY LIME CHICKEN

Stir-frying is the fastest way to cook
en. Our low-fat entrée uses boneless
less chicken breasts marinated with
juice, soy sauce and ginger.

Prep time: 10 minutes plus marinating
Cooking time: 7 minutes

- 3 tablespoons fresh lime juice
- 2 tablespoons soy sauce
- 1 teaspoon minced garlic
- 1 teaspoon minced jalapeño chili
- ½ teaspoon grated lime peel
- ½ teaspoon grated fresh ginger
- 4 boneless, skinless chicken breast
  halves, cut into 1-inch pieces
- 1 teaspoon cornstarch
- 2 tablespoons vegetable oil, divide
- 2 medium zucchini, julienned
- ½ red pepper, julienned
- ½ yellow pepper, julienned
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

Combine lime juice, soy sauce, garl
lapeño, lime peel and ginger in
Add chicken, then cornstarch; to
coat. Cover and refrigerate 1 hour.

Heat 1 tablespoon oil in large skil
wok over medium-high heat. Add zu
ni, red and yellow pepper, salt and
per. Cook, stirring, until tender-
about 2 minutes. Transfer to plate.

Heat remaining 1 tablespoon
same skillet. Add chicken and cook
ring, until opaque and firm to the t
3 to 5 minutes. Return vegetabl
skillet; cook, stirring, *(conti*

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General Foods Corporation

CHICKEN
continued

until heated through, 30 seconds more. Serve with Fragrant Noodles. Makes 4 servings.

Per serving: 220 calories, 29 gm protein, 8 gm fat, 6 gm carbohydrates, 730 mg sodium, 68 mg cholesterol.

FRAGRANT NOODLES

This Asian-inspired side dish whips up in just the time it takes to cook the noodles.

Prep time: 5 minutes ○
Cooking time: 9 minutes

- 1 pound thin spaghetti
- 2 tablespoons vegetable oil
- 4 green onions, sliced thin
- ½ cup chopped fresh cilantro
- 3 tablespoons soy sauce
- ¼ teaspoon freshly ground pepper

Cook spaghetti according to package directions; drain. In same pot, heat oil over medium-high heat. Add green onion and cook 30 seconds. Remove from heat. Stir in drained spaghetti, cilantro, soy sauce and pepper. Makes 4 servings.

Per serving: 495 calories, 16 gm protein, 9 gm fat, 87 gm carbohydrates, 781 mg sodium, 0 mg cholesterol.

CHICKEN TERRINE WITH HERBS

Ground chicken is one of the newest convenient varieties of poultry on the market. Served warm or chilled, this terrine makes a casual entrée or an elegant appetizer.

Prep time: 30 minutes ○Ⓜ
Microwave time: 17 to 20 minutes

- 2 slices white bread, cubed
- ⅓ cup milk
- 4 slices bacon, diced
- 1 cup chopped onions
- 1 tablespoon minced garlic
- ¼ teaspoon thyme
- 1½ pounds ground chicken
- 1 large egg, lightly beaten
- 2 tablespoons chopped parsley
- ¾ teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 tablespoons Dijon mustard

Combine bread and milk in bowl and let stand until bread is softened.

Place bacon in 9-inch microwaveproof pie plate. Cover with wax paper or plastic wrap, turning back one section to vent. Microwave on High 4 minutes or until crisp, turning bacon halfway through; drain. Discard all but 2 teaspoons drippings. Stir in onions, garlic and thyme; cover and microwave 3 minutes, stirring once halfway through. Cool.

Combine chicken, soaked bread, bacon-onion mixture, egg, parsley, salt and pepper in large bowl; blend well. Pat into 8½x4½-inch microwaveproof loaf pan. Spread top with mustard. Cover and microwave on High 5 minutes. Microwave on Medium (50% power) 17 to 20 minutes more, until meat thermometer inserted in loaf reaches 165°F. If serving hot, let stand 5 minutes. Or, cool to room temperature, then cover and refrigerate at least 2 hours or overnight. Unmold and slice into ½-inch thick slices. Serve with Cucumber Salad, additional mustard, sliced French bread and cornichons. Makes 6 servings.

To oven-bake: Preheat oven to 375°F. Cook bacon in medium skillet over medium-high heat until crisp; drain. Discard all but 2 teaspoons drippings from skillet; add onions and cook until translucent, about 3 minutes. Add garlic and thyme; cook 30 seconds more. Cool. Combine with remaining ingredients as directed. Bake uncovered 60 to 65 minutes.

Per serving: 290 calories, 24 gm protein, 17 gm fat, 8 gm carbohydrates, 664 mg sodium, 138 mg cholesterol.

CUCUMBER SALAD WITH DILL

Mustard seed and shallots provide a perfect flavor accent to the cucumbers and dill in this light, refreshing salad.

Total prep time: 10 minutes ○

- 2 tablespoons white wine vinegar
- 1 teaspoon sugar
- 3 cucumbers, peeled, seeded and sliced
- 2 tablespoons chopped shallots
- 2 tablespoons chopped fresh dill
- 1 tablespoon mustard seeds
- ¼ teaspoon salt

Stir vinegar and sugar in medium bowl until sugar is dissolved. Combine with remaining ingredients. Makes 3½ cups.

Per ½ cup: 20 calories, 1 gm protein, 1 gm fat, 4 gm carbohydrates, 82 mg sodium, 0 mg cholesterol.

PACIFIC RIM CHICKEN POCKETS

Pacific Rim cooking is a trendy mix of flavors, textures and techniques from Asian and Western cultures.

Prep time: 20 minutes plus marinating ○
Cooking time: 8 minutes

- 2 tablespoons soy sauce
- 4 tablespoons balsamic vinegar, di
- 1 teaspoon grated fresh ginger
- 1 teaspoon minced garlic
- ¼ teaspoon freshly ground pepper
- 4 boneless, skinless chicken breast halves
- 2 tablespoons hoisin sauce
- 8 small (6-in.) flour tortillas
- 2 cups julienned jicama
- 2 cups julienned carrots
- 8 green onions, julienned

Combine soy sauce, 2 tablespoons gar, ginger, garlic and pepper in me bowl. Add chicken breasts; toss to Cover and refrigerate 1 hour.

Preheat broiler and broiler pan. bine hoisin sauce and remaining 2 t spoons vinegar in cup. Broil chick inches from heat source 3 to 4 mi per side. On cutting board, slice breast lengthwise into ½-inch-thick s

For each pocket, spread 1 side of lla with 1 teaspoon hoisin mixture. half of 1 sliced chicken breast in c and top with ¼ cup *each* jicama, c and green onion; roll tortilla up ove ing. Repeat with remaining ingredie make 7 more rolls. Serve with Se Watercress Salad. Makes 4 servings

Per serving: 345 calories, 34 gm protein, 6 g 40 gm carbohydrates, 1,150 mg sodium, cholesterol.

SESAME WATERCRESS SALAD

Be sure to use Oriental sesame oil i dressing—its nutty roasted flavor m this dish unique.

Total prep time: 10 minutes

- 2 tablespoons vegetable oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon Oriental sesame oil
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 bunches watercress, trimmed
- 1 tablespoon toasted sesame seeds

Whisk vegetable oil, vinegar, sesam salt and pepper in large bowl. Toss watercress and sesame seeds. Mak servings.

Per serving: 95 calories, 2 gm protein, 9 gm gm carbohydrates, 170 mg sodium, 0 mg chole

MICRO-ROAST CHICKEN

pictured on pages 152 and 153

We found the key to successfully roa a whole chicken in the microwave: U covered casserole to guarantee mois without taking lots of time. Then just the bird under the broiler to brown crisp the skin.

Prep time: 5 minutes
Microwave time: 25 minutes

- 1 roasting chicken (2½ lb.)
- ½ lemon, cut into 2 wedges
- 2 garlic cloves, smashed

(contin

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CHICKEN
continued

4 parsley sprigs
¼ teaspoon salt
¼ teaspoon freshly ground pepper
¼ teaspoon thyme

Remove giblets from chicken cavity. Rinse chicken under cold water and pat dry. Stuff cavity with lemon and garlic cloves. Tuck wing tips under wings by bending fold under back of chicken. Lift skin away from breast meat with fingers or handle of wooden spoon. Place parsley under skin. Sprinkle chicken with salt, pepper and thyme. Tie legs together with kitchen string.

Place chicken, breast side down, on microwaveproof roasting rack in 5-quart microwaveproof casserole with lid. Cover and microwave on High 5 minutes. Turn chicken breast side up and microwave covered 6 minutes. Rotate dish halfway and microwave 6 minutes more or until meat thermometer inserted into thickest part of thigh reaches 180°F. Let stand covered 5 minutes.

Adjust broiler pan to lowest position. Preheat broiler. Place chicken in roasting pan; broil until skin is golden, about 2 minutes. Place chicken on serving platter. Serve with Polenta with Parmesan and Walnuts. Makes 4 servings.

Per serving: 305 calories, 34 gm protein, 17 gm fat, 2 gm carbohydrates, 239 mg sodium, 110 mg cholesterol.

POLENTA WITH PARMESAN AND WALNUTS

pictured on pages 152 and 153
Polenta, a simple Italian dish made from cornmeal, is becoming one of America's favorite new comfort foods.

Prep time: 10 minutes ○
Cooking time: 20 minutes

4 cups water
1 cup yellow cornmeal
¾ teaspoon salt
⅔ cup freshly grated Parmesan cheese
2 tablespoons butter or margarine
¼ teaspoon freshly ground pepper
¼ cup toasted chopped walnuts

Bring water to boil in large saucepan. Reduce heat to low and gradually whisk in cornmeal and salt. Cook, stirring occasionally, 15 minutes. Stir in Parmesan, butter and pepper. Transfer to serving bowl and sprinkle top with toasted walnuts. Makes 4 servings.

Per serving: 300 calories, 11 gm protein, 16 gm fat, 29 gm carbohydrates, 777 mg sodium, 28 mg cholesterol.

Recipes developed by Carol Prager.

HAZELDEN
continued from page 121

admitted to Hazelden were addicted to *both* alcohol and drugs, while 23 percent were addicted to alcohol alone; in 1975, it was the other way around. This shift reflects the national pattern of patients entering treatment. Hazelden specializes in making patients feel responsible for their *own* recovery, rather than taking the experts-know-what's-best-for-you approach. That's one of the reasons treatment facilities throughout the country and the world send staff members here for training. Hazelden claims a treatment success rate of 80 percent for patients in the first year (of that group, 50 percent abstained completely, while 30 percent had a brief relapse), a rate which is comparable to that at other private centers.

"Hazelden has an incredible reputation in the most positive way; it's kind of like the godmother in the field," says John Schwarzlose, executive vice-president of the Betty Ford Center, in Rancho Mirage, California, who trained at Hazelden.

A nonprofit organization, Hazelden is also the world's largest publisher of self-help material—thirteen hundred pamphlets and books in all, including Melody Beattie's two blockbusters, *Co-dependent No More* and *Beyond Co-dependency*, which have ridden the *New York Times* best-seller list for more than sixty-three weeks and eighteen weeks respectively. Profits from Hazelden's sales of these books are used to support the center: thirty days (the average stay) at Hazelden cost $6,250, making it among the least expensive of such facilities.

And although celebrities such as Kitty Dukakis, Melanie Griffith and William Hurt have sought help here, most of the center's patients are just ordinary people who, like approximately nineteen million other Americans, abuse or are addicted to drugs, alcohol or both, according to the National Institute on Alcohol Abuse and Alcoholism and the National Institute on Drug Abuse. (Experts have found that people who abuse drugs often abuse alcohol as well.)

During our stay we met women who were nurses, teachers, waitresses, artists, students and corporate executives. Many were mothers. Some were rich, others were poor; most were somewhere in between. Their ages ranged from twenty-one to seventy-two; their addictions ranged from light beer to crack cocaine.

Here is a journal of their—and our—experiences over ten days at Hazelden with Helen and Maggie:

Welcome to detox

The first stop for Helen—and f patients—is Ignatia Hall, or "I Hazelden's medical unit. Here spend their first twenty-four under observation. Their medica tory and chemical use is charte they're given a complete physica medical staff then determines wh or not patients will need to "deto withdraw, from whatever che they're addicted to (some have al detoxed before they arrived), an long it will take. Patients are medication to ease the effects of drawal, which can include sha agitation and sleeplessness.

To hide her anxiety, Helen ba about her husband, Phil. She's t for her nightly fifth of vodka.

"I am married to an absolutely liant man," she tells nurse C Vitalis. "But he is an absolute be a human being who has made my living hell for at least fifteen yea

"Forget your husband," Vita vises. "You're here to deal with yo You focus on Helen. Learn to love self. Learn to be loved by people

True confessions

Maggie has now been at Hazeld two days. She's filled out cou forms about her alcohol use, take chological tests and been interv by a team of specialists. She i now, convinced that she has a pro (Like many addicts, she had bee willing to make that concession.)

Today it's Maggie's turn to te story publicly. In the living ro Lilly Hall, one of Hazelden's two for women, she huddles nervous the edge of the couch, facing a ci twenty other women.

"In the past four years, my win sumption grew quickly to almos gallons a day," she says, her voi most a whisper. "I was on the r lot for my job in sales and drank in my motel. I eventually lost th . . . My friends began to stay awa cause of my wild mood swings said awful things to people I love

"I went to work in a hospital a the street so I could run home hour and gulp down tumblers of just to keep my hands from sh . . . I gained weight and felt ugly. getting up in the night with sweats . . . I tried to control thought if I could wait until no start drinking, I couldn't be an al ic. But I couldn't even do that."

Maggie finishes and looks hesit at the women around her. She sees thing she hasn't seen in many respect. She even feels a tiny b herself. Suddenly all the women are ing toward her with hugs. *conti*

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On Preceding Page:

STRAWBERRY YOGURT DESSERT

Creamy whipped yogurt smothered
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es are central to Hazelden's
g process. Each day, at least one
will tell her tale of addiction.
times a day, they gather in a
auditorium to hear staff mem-
rmer patients and other experts
eir own stories and share both
n and scientific data. A state su-
court judge will explain how he
iniature liquor bottles in his
shorts. A tiny, gentle nun will
that she took forty to eighty
a day—including Quaaludes,
ilizers, sleeping pills and mus-
axants—for twenty years, had a
affair and stole money.
elden combines the twelve-step
of Alcoholics Anonymous (AA)
nedical and psychological tech-
. The short-term goals for each
t are based on AA principles: to
stand chemical dependency as a
e, to acknowledge that she needs
nd that some of that help must
rom a "higher power," to identi-
cific changes she needs to make
egin to make them, to abstain
ll drugs one day at a time.

ds in need

iz," the vivacious brunet tells
. "I'm going to be your 'buddy.' "
en grabs Liz's extended hand and
to it as she enters Lilly Hall.
walk through a labyrinth of soft-
ored rooms. "It's very, very safe
You will love it," whispers Liz,
Helen a hug.
he kitchen, a group of women are
ng like old friends at a class re-
On the wall, a needlepoint sam-
edged with butterflies reads:
Y: Where Freedom Begins."
ere'd you hide your bottles?" one
n asks the group.
grandmother hid hers in the
n, so I did the same. Family tra-
s die hard," says Lee, deadpan.
nter boots," volunteers Peg. Oth-
ime in: "The toilet tank." "The
m cleaner."
ept mine in boxes in the attic,"
Rita, impishly. "When they filled
called Goodwill and they came
auled them away." The others
with delight at her ingenuity.
u know," says Helen, "I can't tell
a patient and who's a counselor."
la nods. "When I came here I
nt, Give me more counselors,
with badges who are going to
ne. I learned differently. Most of
eatment has come from friend-
Lilly has become my family.
ve been here for me when I was
ing and crying, and the counsel-
e here to fine-tune what we're
ng from each other."
elden, like AA, relies heavily on
tient to play a major role in her
own recovery. Says Damian McElrath, director of residential services, "Eighty percent of the recovery process is through peers talking with one another."

Nowhere to hide

For both Maggie and Helen, a typical day at Hazelden includes meditation; reading AA books and other educational material about alcoholism and drug abuse; swimming or aerobics; household chores; group discussions; private counseling; lectures; informal gatherings; quiet walks; and even an occasional evening pizza party.

This morning, Maggie hurries down to counselor Lowell Duncan's office. Like many of the Hazelden counselors, Duncan is a recovering alcoholic.

He begins by asking Maggie what worries her the most. "My family situation," she replies without hesitation.

"What would you like to change about that?" he queries.

"I want them to trust me," she answers. "I want to be close to them. I don't want to be an embarrassment to them anymore."

Duncan asks how she continues to do that. "By using poor judgment, getting into financial trouble . . . lying," Maggie says. "I exaggerate; try to make them think I'm doing great things. Then I hide from them."

"What can you do about things now?"

"Take responsibility," says Maggie. "Be honest with my family. Stay sober. Make amends. Try to understand them more and help them understand me and my disease. Ask for help."

Duncan smiles. "Sounds good."

Love thyself

Helen insists that you look at her grandchildren's pictures before you sit down. An elegant woman, she's spent her whole life tending to everyone but herself.

She claims she rarely got drunk until she heard her husband's snores at night. "Then," she says, "I'd take five or six long drinks straight from the bottle. And I'd lie down and wait for that sweet peace to wash over me.

"Phil always treated me like a child," she continues. "He bought my cars, chose my clothes, selected the furniture. I've never even had a bank account or a credit card."

She admits that the thought of leaving the safe haven of Hazelden terrifies her. "I'm working on self-esteem," she says, smiling sheepishly. "It's taken me two entire days to think of five things I like about myself."

While Helen is in her room, Lilly Hall staffers are discussing her progress. "She's pretty preoccupied with her husband and other outside issues," says Ellsa Sorenson, a counselor and Lilly's unit supervisor. "Her daughter told me that her childhood was awful, but Helen tells everyone it was wonderful."

Don, a clergyman, talks about Helen's "rigid upbringing and judgmental mother." He adds that she "feels bad about her children but can't say why."

Erica, a counselor trainee, thinks Helen is "not looking at the consequences of her husband's abuse."

They decide to recommend she work on self-esteem and relaxation by asking others for positive feedback, listing ways to unwind, taking relaxation classes, doing some readings and conducting her own discussion groups—on such topics as blame and self-esteem.

Meanwhile, Helen is ready for the afternoon lecture. The speaker is Richard Heilman, M.D., a psychiatrist at Veterans Affairs Medical Center, in Minneapolis, and a consultant to Hazelden. As Heilman discusses symptoms of chemical dependence, Helen takes notes: *Preoccupation, use alone, rapid intake, use as panacea, unplanned use, increased tolerance, blackouts* . . .

Back at Lilly, the women agree they've experienced all the symptoms. "I don't think I had blackouts," says Pat. *(continued on page 190)*

Journal
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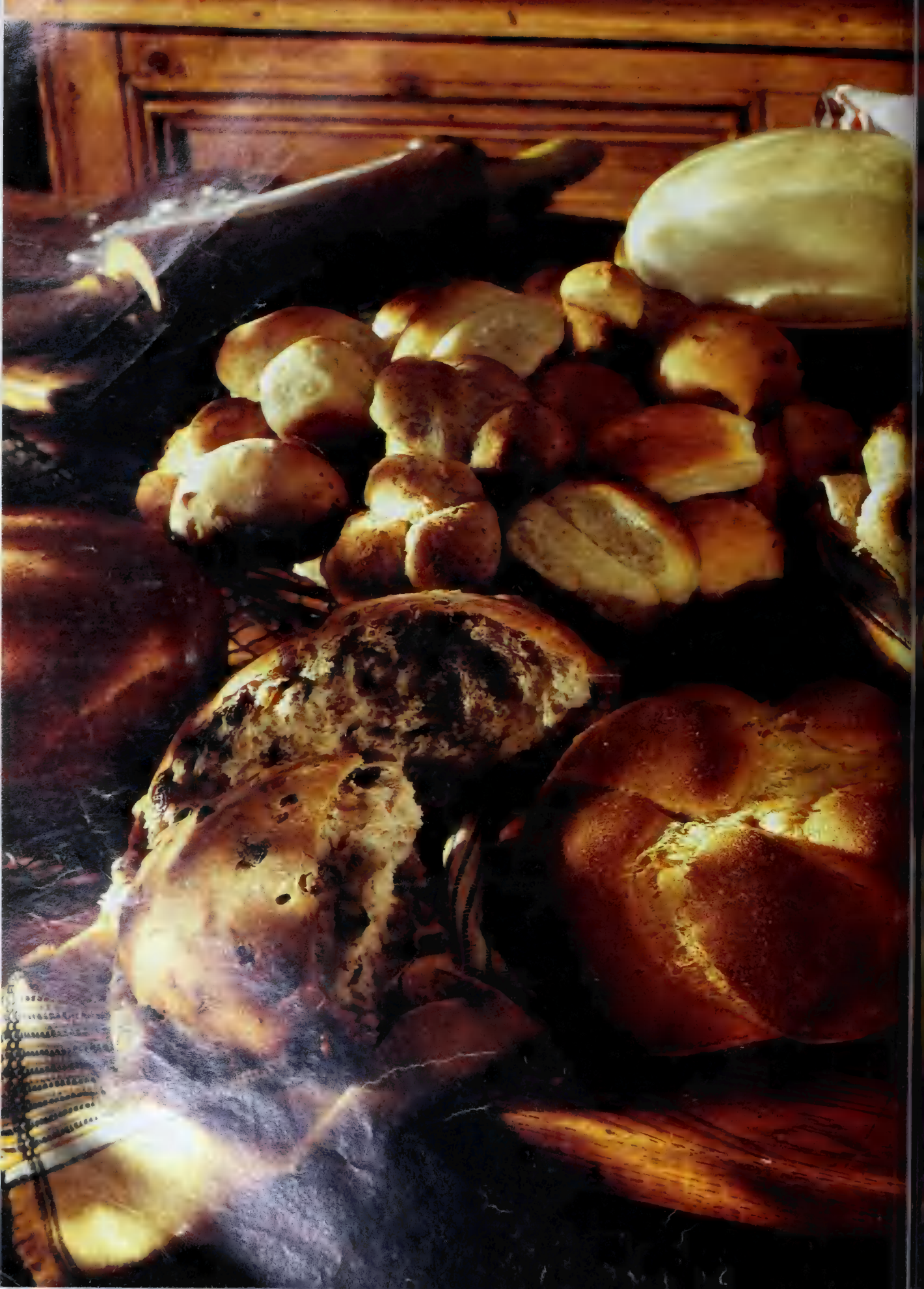
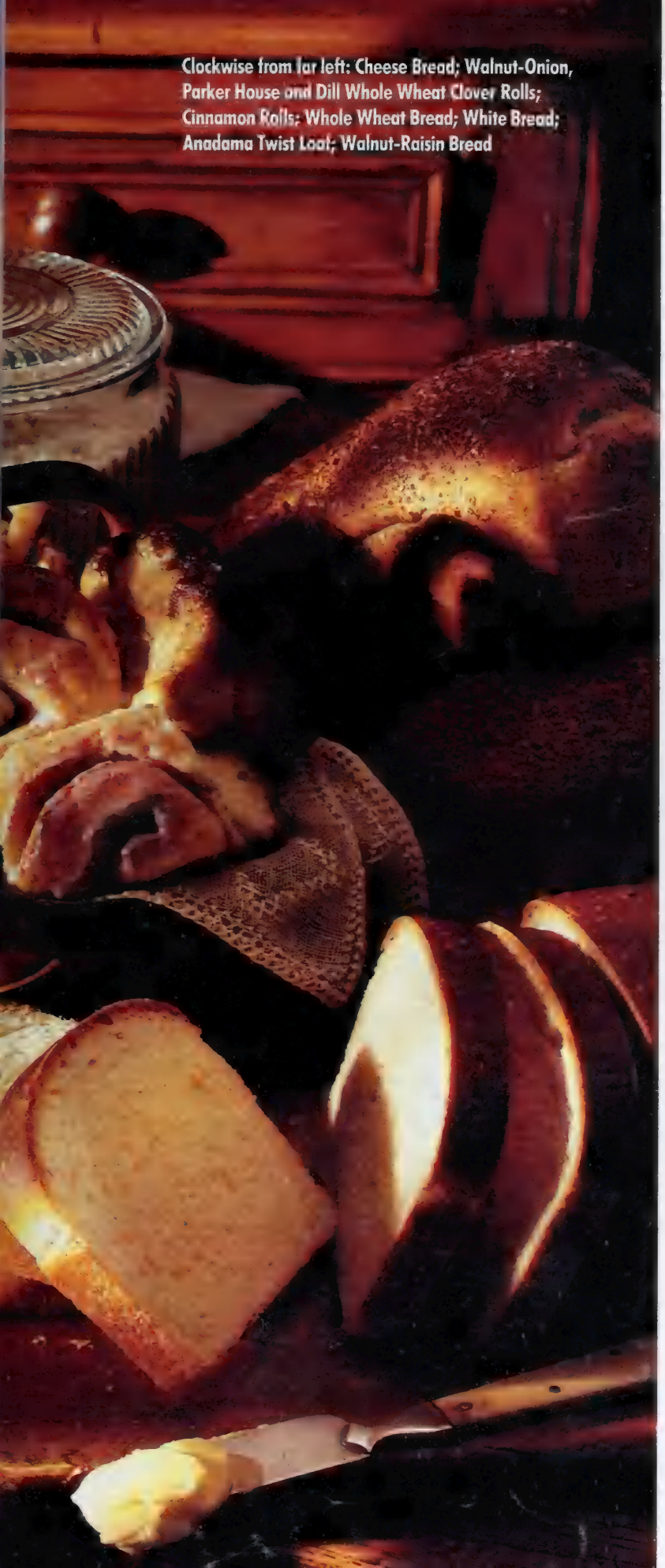




Clockwise from far left: Cheese Bread; Walnut-Onion, Parker House and Dill Whole Wheat Clover Rolls; Cinnamon Rolls; Whole Wheat Bread; White Bread; Anadama Twist Loaf; Walnut-Raisin Bread

Winter and baking go hand in hand, and we can't think of a more wonderful way to celebrate the season than by baking up a loaf of fresh, crusty bread or a dozen melt-in-your-mouth rolls. Even if you've

DAILY BREAD

never baked bread before, you'll be able to turn out our recipes with ease: All eight irresistible variations are made from one basic white-bread dough. Besides being a treat for the whole family, the tantalizing aroma will make your home smell marvelous.

DAILY BREAD
continued

Easy · Moderate · Challenging · Microwave

All recipes pictured on pages 160 and 161.

WHITE BREAD

This is the basic dough from which you can make the traditional loaf plus the eight variations that follow.

Prep time: 25 minutes plus rising ○
Baking time: 40 minutes

- 2 packages active dry yeast*
- ½ cup warm water (110°F.-115°F.)
- 1½ cups milk
- ¼ cup plus 1 tablespoon butter or margarine
- 2 tablespoons sugar
- 1 tablespoon salt
- 5 to 6 cups unbleached all-purpose or bread flour

Sprinkle yeast over warm water in large mixer bowl; let stand 10 minutes. Meanwhile, heat milk and ¼ cup butter, cut up, in saucepan until just lukewarm. Add to yeast mixture with sugar and salt. Beat in 3 cups flour at low speed. Gradually stir in enough remaining flour until dough comes away from side of bowl.

Knead dough on floured surface until smooth and elastic, 8 to 10 minutes, adding only enough flour to keep dough from sticking. (When poked with finger, dough should spring back; blisters may form and break on surface of dough.) Place in greased bowl, turning to grease top. Cover and let rise in warm place until doubled in bulk, about 1 hour. (When poked, dough should not spring back.)

Grease two 8½x4½-inch loaf pans. Punch dough down. On work surface, knead dough 5 turns. Divide in half; roll each half into 12x9-inch rectangle and roll up tightly from short end, jelly-roll fashion. Pinch seams to seal. Place seam side down in prepared pans. Cover and let rise until doubled in bulk, 45 minutes. (When poked at corner of loaf, dough should not spring back.)

Meanwhile, preheat oven to 400°F. Bake 35 to 40 minutes, until loaves sound hollow when tapped. Remove from pans and cool on wire rack. Brush tops of loaves with remaining 1 tablespoon butter. Makes 2 loaves, sixteen ½-inch slices per loaf.

*Note: Quick-rising yeast can be used in all recipes. Rising times will be reduced by about one third.

Per slice: 105 calories, 3 gm protein, 3 gm fat, 19 gm carbohydrates, 230 mg sodium, 6 mg cholesterol.

PARKER HOUSE ROLLS

These classic dinner rolls originated more than a hundred years ago in the dining room of Boston's Parker House Hotel.

Prepare White Bread recipe as directed and let rise. Grease 13x9-inch baking pan. Melt 3 tablespoons butter. Roll dough ½-inch thick and cut into 2¾-inch circles with cookie cutter. Brush top of each circle with melted butter and fold in half, buttered side in. Arrange flat side down in rows, just touching, in prepared pan. Re-roll scraps and repeat with remaining dough (reserve remaining butter). Cover and let rise until doubled in bulk, 25 minutes. (Rolls will open slightly.)

Preheat oven to 400°F. and bake 25 to 30 minutes, until golden. Brush with remaining butter. Cool in pan on wire rack. Makes 2 dozen.

Per roll: 155 calories, 4 gm protein, 5 gm fat, 24 gm carbohydrates, 322 mg sodium, 12 mg cholesterol.

CINNAMON ROLLS

Just sticky enough, these jumbo-size rolls are a weekend treat to make and a sure-fire success when served anytime. They taste best warm.

Prepare White Bread recipe as directed; let rise. Melt ⅔ cup butter or margarine and combine with 1 cup firmly packed brown sugar; spread evenly in 13x9-inch baking pan. Combine ½ cup granulated sugar with 4 teaspoons cinnamon. Roll dough into 15x10-inch rectangle. Brush with 2 tablespoons melted butter or margarine and sprinkle with cinnamon-sugar. Roll up tightly from long side, jelly-roll fashion. Pinch seams to seal. With sharp knife, cut into 1-inch slices. Place cut side down in prepared pan. Cover and let rise until doubled in bulk, 25 minutes.

Meanwhile, preheat oven to 375°F. Bake 35 minutes or until golden. Immediately invert onto a jelly-roll pan. Cool 10 minutes. Invert again and spread with glaze if desired. Makes fifteen.

Glaze: Combine 1 cup confectioners' sugar with 2 tablespoons milk until smooth.

Per roll: 440 calories, 7 gm protein, 15 gm fat, 69 gm carbohydrates, 597 mg sodium, 40 mg cholesterol.

CHEESE BREAD

For best taste, use a good, sharp Cheddar and fresh Parmesan cheese. Toasting this bread makes the flavor unforgettable.

Prepare White Bread recipe as directed except add 1 cup shredded sharp Cheddar cheese, ¼ cup freshly grated Parmesan cheese and ¼ teaspoon ground red pepper to yeast with milk mixture. Let rise. Grease two 1½-quart soufflé dishes. Shape dough into 2 balls and place in prepared dishes (or shape as directed for White Bread and place in loaf pans). Cover and let rise until doubled in bulk, 45 minutes.

Meanwhile, preheat oven to 375°F. Bake 40 to 50 minutes, until loaves sound hollow when tapped. Remove from dishes; cool on wire rack. Makes 2 loaves, sixteen ½-inch slices per loaf.

Per slice: 130 calories, 5 gm protein, 4 gm fa
carbohydrates, 267 mg sodium, 11 mg choles

ANADAMA TWIST LOAF

Legend has it that a lazy New E wife fed her husband cornmeal mu molasses until he couldn't bear it. H ed flour and yeast to make the gru bread, muttering, "Anna, damn her

Prepare White Bread recipe as d except substitute ¼ cup light molas sugar and 1 cup yellow cornmea cup of the all-purpose flour. Redu purpose flour to 4 to 5 cups. L Grease cookie sheet. Divide doug quarters. Roll each quarter into rope. Twist 2 ropes together and end. Beginning at one end, coil ro form circle; tuck ends under and pl cookie sheet. Repeat with remai ropes (or shape as directed for Bread and place in loaf pans). Cov let rise until doubled in bulk, 30 mi

Meanwhile, preheat oven to Bake 30 minutes for twists, 35 minu loaves or until loaves sound hollow tapped. Cool on wire racks. Ma loaves, sixteen ½-inch slices per lo

Per slice: 115 calories, 3 gm protein, 3 gm gm carbohydrates, 231 mg sodium, 6 mg cho

WALNUT-RAISIN BREAD

Reminiscent of a country heart hearty peasant loaf is our all-time ite—we especially like it sliced thi butter or toasted for breakfast.

Prepare White Bread recipe as d except soak 2 cups raisins in boilin ter to cover 5 minutes; drain. Add to yeast with milk mixture and chopped, toasted walnuts. Le Grease cookie sheet. Shape dough round loaves and place on pre cookie sheet. Cover and let rise unt bled in bulk, 45 minutes.

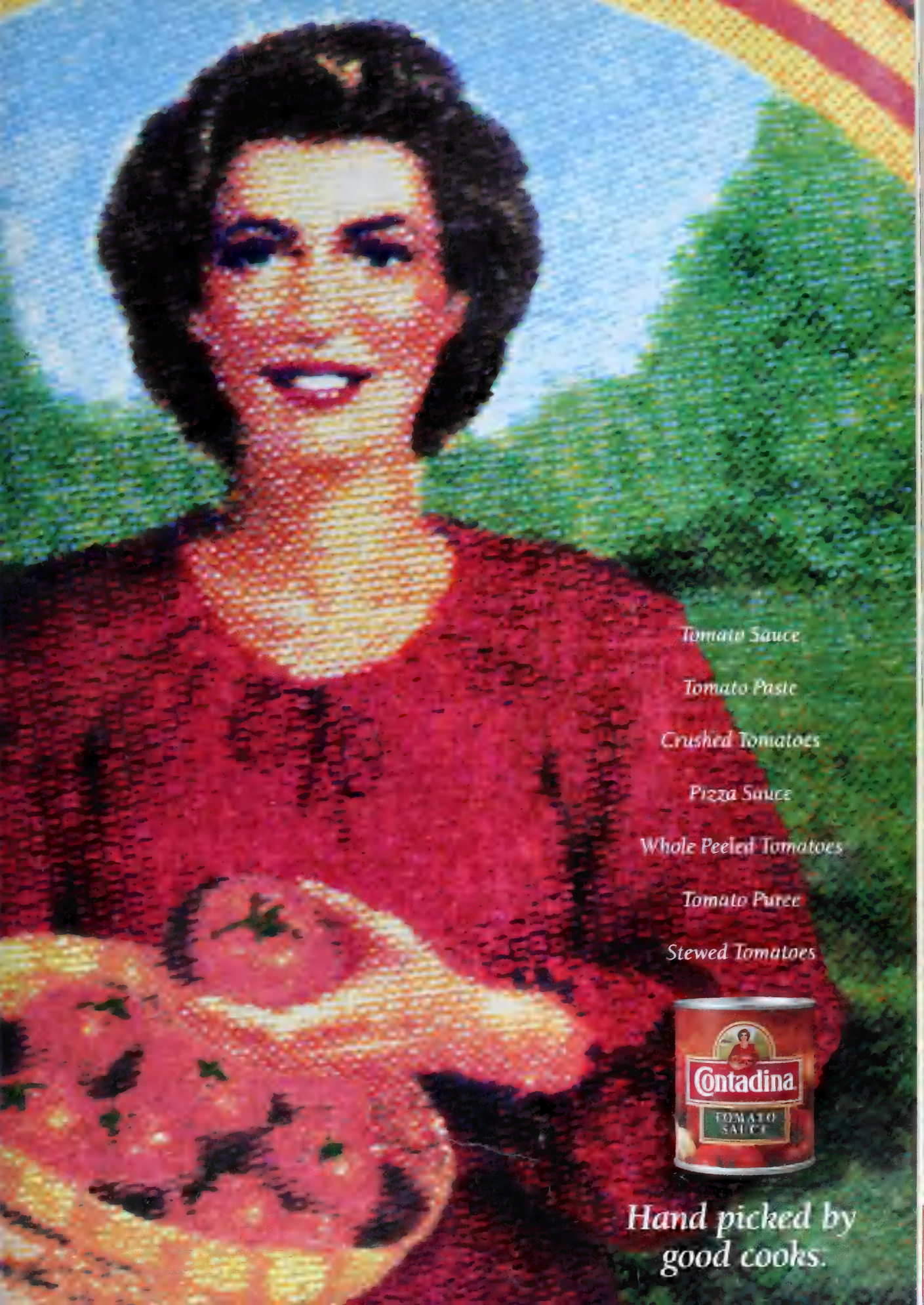
Preheat oven to 375°F. Just baking, slash an X in tops of loave razor blade or sharp knife. Bake 40 minutes, until loaves sound hollow tapped. Cool on wire racks. Ma loaves, sixteen ½-inch slices per lo

Per slice: 240 calories, 5 gm protein, 9 gm gm carbohydrates, 310 mg sodium, 9 mg cho

WALNUT-ONION ROLLS

Raw onions become sweet and when baked into savory little rolls.

Prepare White Bread recipe as di except add 1 cup chopped, toaste nuts and 1 cup finely chopped oni yeast with milk mixture. Let rise. Gre cookie sheets. Divide dough into t four equal pieces; roll into balls. Pla cookie sheets; cover and let rise unt bled in bulk, 25 minutes. Preheat o 375°F. Bake 25 minutes or *(contr*


Tomato Sauce
Tomato Paste
Crushed Tomatoes
Pizza Sauce
Whole Peeled Tomatoes
Tomato Puree
Stewed Tomatoes
Contadina
TOMATO
SAUCE
Hand picked by
good cooks.

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The tradition of using mustard to enhance the flavor of food began centuries ago in Dijon, France.

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AILY BREAD
tinued

olden. Cool on wire racks. Makes 2

185 calories, 5 gm protein, 7 gm fat, 26 gm
drates, 308 mg sodium, 9 mg cholesterol.

LE WHEAT BREAD

wheat flour gives bread a slightly
avor and sturdy texture.

e White Bread recipe as directed
add 2 cups whole wheat flour
adding all-purpose flour. Reduce
pose flour to 3 to 4 cups. Let rise.
as directed for White Bread; cover
rise. Just before baking, brush tops
es with 1 egg, beaten, and sprinkle
tablespoons wheat germ. Bake as
ed for White Bread. Makes 2
sixteen ½-inch slices per loaf.

105 calories, 3 gm protein, 3 gm fat, 18 gm
drates, 233 mg sodium, 13 mg cholesterol.

WHOLE WHEAT
ER ROLLS

y to these rolls is to work quickly,
g one pan at a time to keep pace
e rising dough.

e Whole Wheat Bread recipe as
d except add ⅓ cup chopped
dill or 1 tablespoon dried dill to
with milk mixture. Grease
-four 2½-inch muffin-pan cups.
cup butter or margarine. Divide
in half. Divide one half into 12
keeping remaining dough cov-
Divide each piece into thirds and
o balls. Place in prepared pans, 3
er cup. Brush tops with melted but-
over and let rise until doubled in
5 minutes.

nwhile, repeat with remaining half
. Preheat oven to 400°F. Bake 20
minutes, until golden. Remove from
cool on wire racks. Makes 2 dozen.

165 calories, 4 gm protein, 6 gm fat, 23 gm
drates, 336 mg sodium, 24 mg cholesterol.

s developed by Lisa Brainerd.

ON CONTEST RULES
ge 196

RULES 1. Print or type (fifteen words or less) your best
Send to LHJ Rose is Rose Contest, P.O. Box 4945,
tral Station, New York, NY 10163. Entries must be
March 15, 1991. All entries become the property of
dia, and winners agree to sign a release of rights to their
United Media upon request. 2. Contest is open to all
18 years or older, of the USA, except employees (and
f their households) of Meredith Corporation, United
ir affiliates and advertising agencies. Winners are
for all taxes on prizes. By entering this contest,
ree to be bound by these rules and consent to the use of
and/or punchline (without additional compensation) for
urposes, carried out by sponsors. Prizes are not transfer-
no substitution of prizes allowed. 3. Winners will be
mail. Entries must be original and not previously
Entries will be judged on the basis of originality and
y the editors of *LHJ* and artist Pat Brady. The decisions
es are final. 4. Subject to all applicable state, federal
aws and regulations. VOID WHERE PROHIBITED OR
ED BY LAW.

Journal Shopping Center

STATE OF THE HEART Page 45 Photos: top left, David Heinlein; top right, Hugh Armstrong; middle left, Lisa Blackshear; middle center, David Heinlein; middle right, Brian Friel; bottom, Jewell Homad. Red sponges from Only Hearts. Neon from SAY IT IN NEON.
LIGHTEN UP Page 128-129 Jill Chaffin Floral Design, Sea Cliff, NY; Bruckner Carpentry, Oyster Bay, NY; Giacomelli & Mazza, Inc., Long Island City, NY; Armstrong Solarian Supreme "Floral Trellis", 800-233-3823; 88-3K cooktop, 775EVWW double oven, M46N-14T microwave, Designer White collection from Magic Chef, 800-332-4432; Dupont Corian, 800-4-CORIAN; Corian installation, Koster and Evans, Bronx, NY; Thomasville Furniture, 800-225-0265; Studio Series™ by Delta Faucet Company, 800-345-DELTA; Lightolier Inc., 100 Lighting Way, Secaucus, NJ 07096; Benjamin Moore Paints, 51 Chestnut Ridge, Montvale, NJ 07645, attn: Sal Rozzi; Portland Willamette, P.O. Box 13097, Portland, OR 97213; Kitchen Bazaar, 1098 Taft St., Rockville, MD 20850, (703) 534-3605; Mario Buatta, wallcovering #RE2065, Sterling Prints, 23645 Mercantile Road, Cleveland, OH 44122; Baldwin Hardware, 841 E Wyomissing Blvd., Reading, PA 19612; Westgate Fabric, Grand Prairie, TX; floor installation, Glen Floors, Glen Cove, NY; L & S Plumbing, Staten Island, NY;faux painted tray and baskets, The Alessandro Collection, Long Island City, NY. **Page 130-131** Designer Kitchen & Bath, Charlotte, NC; Coral Construction, Charlotte, NC; Armstrong Floors, 800-233-3823; Wood-Mode, Inc., 1 Second Street, Kreamer, PA 17833; Marvin Windows, Warroad, MN, 800-346-5128; KitchenAid Inc., 800-422-1230; Lightolier (see above); Eljer, 800-PL-ELJER; Fountainhead "Sand Beige", Nevamar Corp, 8339 Telegraph Rd., Odenton, MD 21113; installation, Solid Surface Products, Charlotte, NC; range hood K41, Best (USA) Inc., 800-642-2378; columns and accessories, Ballard Designs, 404-351-5099; Benjamin Moore Paints (see above); Berger Fabrics, c/o Crosby-McNeill, 232 East 59th St., NYC, 10022; Elizabeth House Flowers, Charlotte, NC; Veneman "Shell Collection", Tropitone Furniture Co., P.O. Box 3197, Sarasota, FL 3420; J. Pocker & Son, 824 Lexington Ave, NYC 10021; Wolfman Gold & Good Co., 116 Greene St.,NYC 10012; lighting design, Independent Electric, Charlotte, NC; flooring installation, Piedmont Floor Covering, Charlotte, NC; slipcovers, Bernie DiPrinzio, Valhalla, NY; gasline installation, Piedmont Natural Gas Company, Charlotte, NC.
PURE ALLURE Page 136-137 Left: pearls, Les Bernard; mohair throw and sheets, Palais Royal; cotton PJs, Polo by Ralph Lauren. Right: skirt, Patricia Clyne; hose, Hanes; shoes, Coco at Marola; earrings, Cynthia Rybakoff; jacket, Patricia Clyne; bag, Marolo from Emporio Armani. **Page 138-139** Left: linens, Palais Royal. Right: bracelet: Patti Horn at Fragments.
SECRETS TO SENSATIONAL HAIR Page 142-143 Left: sweater, Agnes B. **Page 144-145** Sweaters, left and top right, and necklace, Donna Karan. **Page 146-147** Left: sweater, Anne Klein; earrings, Martha Sturdy at Topper & Lowell. Right: jacket, Patricia Clyne; earrings, Tom Binns.
CHICKEN RECIPES: NEW, FAST AND FABULOUS Page 152-153 Stone surfaces on all photos, Unique Surfaces, NYC. Gunmetal platter, Cyclamen, LS Collection, 765 Madison Ave., NYC 10021. **Page 156** Gunmetal plate, Cyclamen, LS Collection.

ULTRA LIGHTS 100's: 6 mg. "tar," 0.7 mg. nicotine; **ULTRA LIGHTS 120's:** 5 mg. "tar," 0.6 mg. nicotine av. per cigarette by FTC Method.

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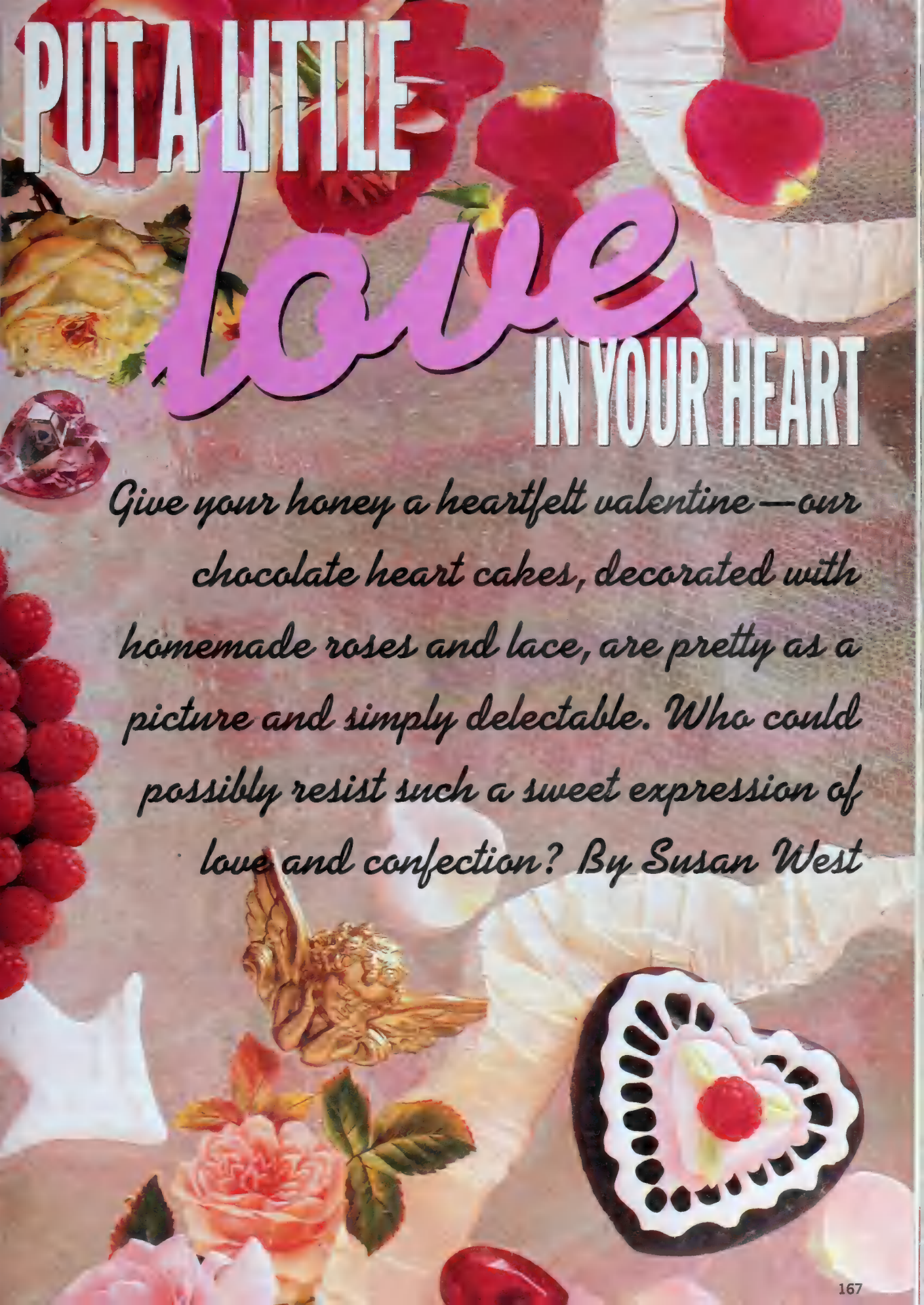
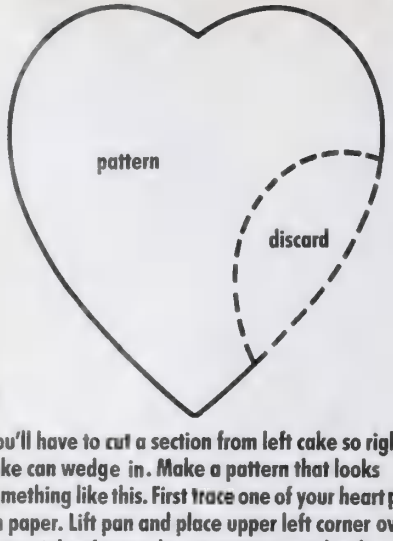
PUT A LITTLE *love* IN YOUR HEART

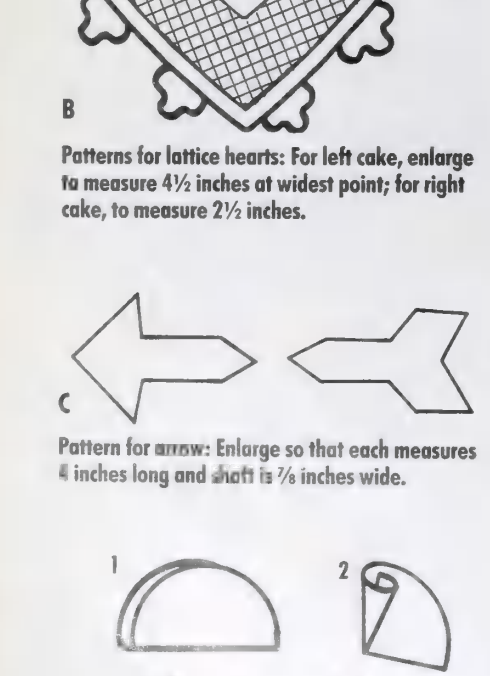
Give your honey a heartfelt valentine—our chocolate heart cakes, decorated with homemade roses and lace, are pretty as a picture and simply delectable. Who could possibly resist such a sweet expression of love and confection? By Susan West





A

You'll have to cut a section from left cake so right cake can wedge in. Make a pattern that looks something like this. First trace one of your heart pans on paper. Lift pan and place upper left corner over lower right of paper heart, approximately where dotted lines are in diagram. Cut out dotted section.

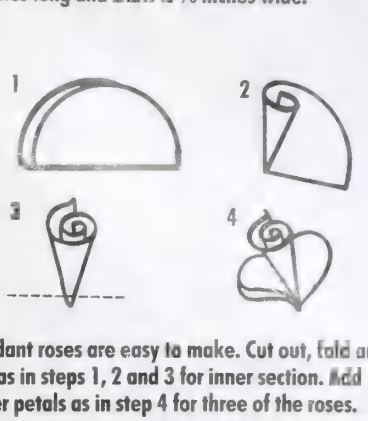


B

Patterns for lattice hearts: For left cake, enlarge to measure 4½ inches at widest point; for right cake, to measure 2½ inches.

C

Pattern for arrow: Enlarge so that each measures 4 inches long and shaft is ⅞ inches wide.



D

Fondant roses are easy to make. Cut out, fold and roll as in steps 1, 2 and 3 for inner section. Add outer petals as in step 4 for three of the roses.

■ HEART CAKES
continued

DOUBLE HEART CAKE

Lattice Decorations
Two-layer cake recipe or cake mix
Chocolate Glaze
- ⅔ cup heavy or whipping cream
- 6 squares (6 oz.) semisweet chocolate, chopped fine

2 ½-pints raspberries

Make large and small sugar lattice decorations and arrow as directed below. Let dry overnight. Bake cake recipe in two 9-inch heart-shaped cake pans*. Cool completely; freeze 30 minutes. Draw and cut heart pattern for left half of cake as shown in diagram A. Invert cakes. Cut one cake according to pattern. Fit the 2 cakes together on large sheet of heavy cardboard. Trace outline of cakes on cardboard; remove cakes and cut out base with small, sharp knife or a razor blade. Return cakes to base; place on wire rack over sheet of wax paper.

Chocolate Glaze: Heat heavy cream to boiling in small saucepan. Remove from heat and stir in chocolate. Let stand 5 minutes; stir until smooth. If glaze is too thick, heat over hot, not boiling, water until thin enough to pour easily. Pour glaze over both halves of cake, quickly but gently smoothing it over top and along sides. Refrigerate cake on rack 15 minutes to set glaze. Carefully transfer cake with large spatula to serving tray.

Carefully center large lattice heart on left cake as shown on page 166. Place 3 raspberries on center of right cake to form triangular pedestal for small sugar heart. Place sugar heart on berries. Arrange berries around heart in rows to cover top of cake.

Carefully place fondant roses and leaves on hearts as shown. Insert arrows in sides of cakes. Makes 12 servings.

*Note: For small hearts, use two 6-heart muffin pans. Trim tops of cakes, then invert to glaze and decorate. To order heart pans, turn the page.

LATTICE DECORATIONS

Decorative Icing
- 2 large egg whites
- 3 cups confectioners' sugar
- ⅛ teaspoon cream of tartar
- Water for thinning

Decorative Icing: In large mixer bowl beat egg whites, confectioners' sugar and cream of tartar at high speed 5 minutes. Thin icing with 3 to 4 teaspoons water so it flows smoothly but barely spreads when drizzled. Keep extra icing covered tightly while working. Store icing in a tightly covered container up to 4 days.

Sugar Hearts: Enlarge patterns shown in diagram B. Draw with felt-tip pen. Tape corners of 1 sheet of wax paper to cookie sheet (you'll need 2 or 3 sheets). Slip patterns under the wax paper. Fill pastry bag fitted with #1 tip with about ½ cup icing.

Trace lattice pattern, then outline hearts, piping over outline twice to reinforce edge. Fill in center heart and border. (Use a #2 tip to fill in large areas for smooth results.) For each decorative edge scallop, pipe 3 beads of icing in a triangle, gently joining beads with the pastry tip. Let dry overnight. To remove hearts, slip long, thin, straight-edged metal spatula under one edge of each heart and slide it beneath heart while gently pressing against cookie sheet. It is a good idea to make an extra set of hearts in case of breakage.

Arrow: Draw arrow patterns as shown in diagram C. Place under wax paper over hearts. Pipe outlines first, then fill in with icing. Let dry.

FONDANT CLAY FOR ROSES

- 1 tablespoon butter or margarine
- 1 tablespoon light corn syrup
- ¼ teaspoon salt
- Pinch salt
- ¾ cup confectioners' sugar

Beat margarine, corn syrup and salt in bowl until smooth. Beat in confectioners' sugar. Knead clay by hand, incorporating more sugar as needed until smooth and pliable, but not sticky. Keep clay wrapped when not in use to prevent drying.

Pinch off half the clay and add 2 drops red food coloring. Knead until color is incorporated. Pinch off half of remaining clay and tint with 1 or 2 drops green food coloring. Tint remaining clay with 3 to 4 drops yellow food coloring (to decorate small heart cakes).

For rosebuds and inner petals of roses and large roses: Roll pink clay 1/16-inch thick between 2 sheets of wax paper. With 1-inch round cookie cutter, cut 12 circles for small buds. With 2-inch round cookie cutter, cut 1 circle for large rose. Gently fold each circle in half, being careful not to press sides together, as shown in diagram D. Starting at one corner of straight edge, roll each half-circle into a cone. Trim tip of cone and stand cone upright on cut end. Let dry 1 to 2 hours.

Outer petals for small and large roses: Roll pink clay 1/16-inch-thick between sheets of wax paper. For small roses, cut 12 circles with base of #1 or #2 icing tip. Gently press 3 or 4 circles over trimmed ends of small rosebuds, bending them back slightly to form petals. Let dry.

For large rose, cut 4 circles with 2-inch round cutter. Let partially dry to stiffen before pressing onto large rosebud.

Leaves: Roll green clay 1/16-inch thick between 2 sheets of wax (con

Big Rewards

With Easy Cream Cheese Clouds.

EASY CREAM CHEESE CLOUDS *(Makes 10)*

- 1 8 oz. pkg. cream cheese, softened
- ½ c. powdered sugar
- ¼ tsp. vanilla extract
- 1 c. heavy cream
- 1 can cherry pie filling
- chopped nuts (optional)

Mix cream cheese, sugar and vanilla at medium speed on electric mixer. Gradually add heavy cream; mix well. Whip until thickened. ◊ Using the back of a spoon, shape into ten 3½" shells. Place on waxed paper-lined cookie sheet. ◊ Freeze two hours or overnight.

When ready to serve, fill with cherry pie filling. ◊ Sprinkle chopped nuts on top if desired.

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EATE A STIR WITH CREAM CHEESE.

HEART CAKES
continued

paper. Cut 4 circles with 1-inch cutter, then cut 3 or 4 leaf shapes from edge of each circle with one edge of cutter. (You can also use a decorative scalloped-edge round cutter.) Gently press toothpick down length of each leaf for stem indentation; score along sides for veins. Let dry flat on wax paper, but gently drape one leaf over a pencil to curve as it dries. Roll a pea-size piece of green clay into a thin rope. Curve slighty to form stem. Let dry.

DECORATIONS FOR SMALL HEART CAKES

Pipe hearts 1½ to 2¼ inches in diameter with decorative icing, making lace borders as desired. Tint ¼ cup icing pink with 2 to 3 drops red food coloring for piping scalloped edges. Let dry uncovered overnight. Or, roll fondant clay ⅛-inch-thick and cut with 2-inch heart cutter. Let dry. Pipe "Oh you kid," as shown on page 151, or desired message with pastry bag fitted with #1 plain tip. Let dry. Decorate as desired.

Tiny buds: Roll pea-size pieces of yellow clay into balls. With narrow end of #2 piping tip, press top center of balls to indent slightly. Attach to heart cakes while glaze is wet.

Photo, Rita Maas.

STRAIGHT FRO THE HEART

Our chocolate vale are a cinch to ma these heart cake pa order, call **800-955-** (for customer service call 800-666-2356) send check or money to: *LHJ*/Heart Pan Dept. 102-012, P.O. 626, Howell, NJ 077 sure to indicate item number and quantity.

LJ 1032 Two mini pans, $17.98 plus $3.2

LJ 1033 Set of two num heart cake (9"x1½"), $9.98 plus p&h.

Vendor: S.E.T. Distributing Corp.

INSIDE THE JOURNAL KITCHEN

You asked for it

Dear LHJ:
As a former resident of Fort Lauderdale, I miss the goulash soup served at the Wine Cellar, a lovely German restaurant there. It's just out of this world! I sure hope you'll be able to help me get this recipe.
Connie M. Dougherty, Whiting, NJ

Warm memories

A hearty winter soup like this would make anyone nostalgic. Chef Achim is pleased to share his recipe, which serves eight to ten.

Drain and chop 1 can (14 oz.) whole peeled tomatoes; reserve juice. Dice 4 medium potatoes, 4 large carrots, and 2 *each* green and red peppers into ¼-inch pieces. Set aside.

Melt 3 tablespoons butter or margarine in Dutch oven over medium-high heat. Add 1½ cups chopped onions and cook until translucent, 5 minutes. Stir in 1 tablespoon chopped garlic and 1 pound top round of beef, cut into ¼-inch cubes. Cook, stirring constantly, until meat is browned on all sides, about 3 minutes. Add 2 tablespoons *each* flour and paprika; cook, stirring constantly, 3 minutes more. Add 3 tablespoons tomato paste; stir until smooth. Add the chopped tomatoes and their juice, 4 cans (13¾ or 14½ oz.) beef broth plus enough water to equal 2 quarts, the remaining reserved vegetables, 1 bay leaf, and ½ teaspoon *each* marjoram, caraway seeds, crushed, salt and freshly ground pepper. Bring to boil, reduce heat and simmer until meat is just tender and vegetables are cooked through, 30 to 45 minutes. Remove bay leaf. Stir in ½ cup sour cream. Makes 14 cups.

recipe index

Here is a listing of recipes appearing in this is including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk ind microwave instructions.

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Sesame Watercress Salad

) The Pillsbury Company

"Oh, you shouldn't have..."

EASY TO MAKE A GREAT IMPRESSION WITH PILLSBURY TUNNEL OF FUDGE BUNDT CAKE

THE BETA CAROTENE COOKBOO

LAST OCTOBER, LHJ REPORTED ON THE NUTRIENT BETA CAROTENE AND ITS AMA CANCER-FIGHTING POTENTIAL. ACCORDING TO NEW RESEARCH, IT CAN ALSO PREVENT INFECTION AND REDUCE THE RISK OF HEART ATTACK AND STROKE. SINCE EXP RECOMMEND AT LEAST FIVE MILLIGRAMS OF BETA CAROTENE A DAY, WE'VE DEVELOP HOST OF TASTY BETA-PACKED RECIPES TO MAKE SURE YOU GET YOUR DAILY ALLOWA

WILTED SPINACH SALAD WITH BALSAMIC-SHALLOT VINAIGRETTE

Spinach contains the most beta carotene of all the vegetables here. The salad (pictured above) is called wilted because of the warm dressing.

Prep time: 15 minutes
Cooking time: 8 minutes

Croutons
- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 2 cups fresh bread cubes

- 4 tablespoons olive oil, divided
- ⅓ cup thinly sliced shallots
- 2 tablespoons balsamic vinegar
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 12 ounces fresh spinach, trimmed

Croutons: Preheat oven to 400°F. Combine olive oil and garlic in bowl. Add bread cubes; toss to coat evenly. Arrange on cookie sheet. Bake 11 minutes or until browned, stirring once after 5 minutes.

Heat 2 tablespoons olive oil in skillet over high heat. Add shallots and cook until browned, 2 minutes. Remove from heat. Stir in remaining oil, vinegar, salt and pepper. Place spinach in salad bowl. Add croutons and dressing; toss. Makes 4 servings.

Per serving: 215 calories, 3 gm protein, 18 gm fat, 13 gm carbohydrates, 401 mg sodium, mg cholesterol.

SAUTÉED KALE

Kale is a dark, leafy green that devel ops a robust, bittersweet flavor as cooks. It's a great source of calcium phosphorus and iron.

Prep time: 5 minutes
Cooking time: 15 minutes

- 1 pound kale, stems trimmed
- 1 tablespoon olive oil
- 1 small onion, chopped
- 2 teaspoons minced garlic
- ¼ teaspoon red pepper flakes

Bring pot of salted water to boil. Add kale, return to boil and *(continued)*

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*The Surgeon General's Report on Nutrition and Health. U.S. Dept. of Health and Human Services DHHS (PHS) publication No. 88-50211. Government Printing Office, 1988.

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cook 5 minutes. Drain and chop. Heat olive oil in large skillet over medium-high heat. Add onion and cook until translucent, 3 minutes. Stir in garlic and red pepper flakes; cook 30 seconds. Add kale and cook, stirring, until well coated and hot, 3 minutes. Makes 4 servings.

Per serving: 70 calories, 3 gm protein, 4 gm fat, 8 gm carbohydrates, 30 mg sodium, 0 mg cholesterol.

CREAMY SPINACH DIP

A beta carotene bonanza! Plus the rich base is low-fat.

Total prep time: 7 minutes ○

In food processor, combine 2 cups packed fresh spinach leaves, ½ cup reduced-fat sour cream, ½ teaspoon salt and a pinch ground red pepper; process until smooth. Transfer to bowl and stir in ¼ cup finely chopped green onions. Serve with carrot sticks and blanched broccoli florets. Makes 1 cup.

Per teaspoon: 5 calories, 0 gm protein, 0 gm fat, 0 gm carbohydrates, 25 mg sodium, 1 mg cholesterol.

BUTTERNUT SQUASH SOUP

The darker the green or the brighter the orange, the higher the beta carotene and vitamin A content.

Prep time: 7 minutes ○
Cooking time: 45 minutes

- 2 tablespoons butter or margarine
- 2 cups chopped onions
- 1 tart apple, peeled and chopped
- 2 teaspoons curry powder
- 2 teaspoons minced garlic
- 1 butternut squash (2½-3 lb.), peeled, seeded and chopped
- 4 cups chicken broth, divided
- ¼ teaspoon freshly ground pepper

Melt butter in large saucepot over medium heat. Add onions and apple; cook until tender, 5 minutes. Stir in curry powder and garlic; cook 1 minute. Add squash and 2 cups chicken broth. Bring to boil, reduce heat and simmer gently, covered, until tender, 30 minutes. Puree in batches in blender. Return to pot. Stir in remaining 2 cups chicken broth and pepper; bring to boil. Ladle into bowls. Makes 8 cups.

Per cup: 125 calories, 3 gm protein, 5 gm fat, 22 gm carbohydrates, 615 mg sodium, 8 mg cholesterol.

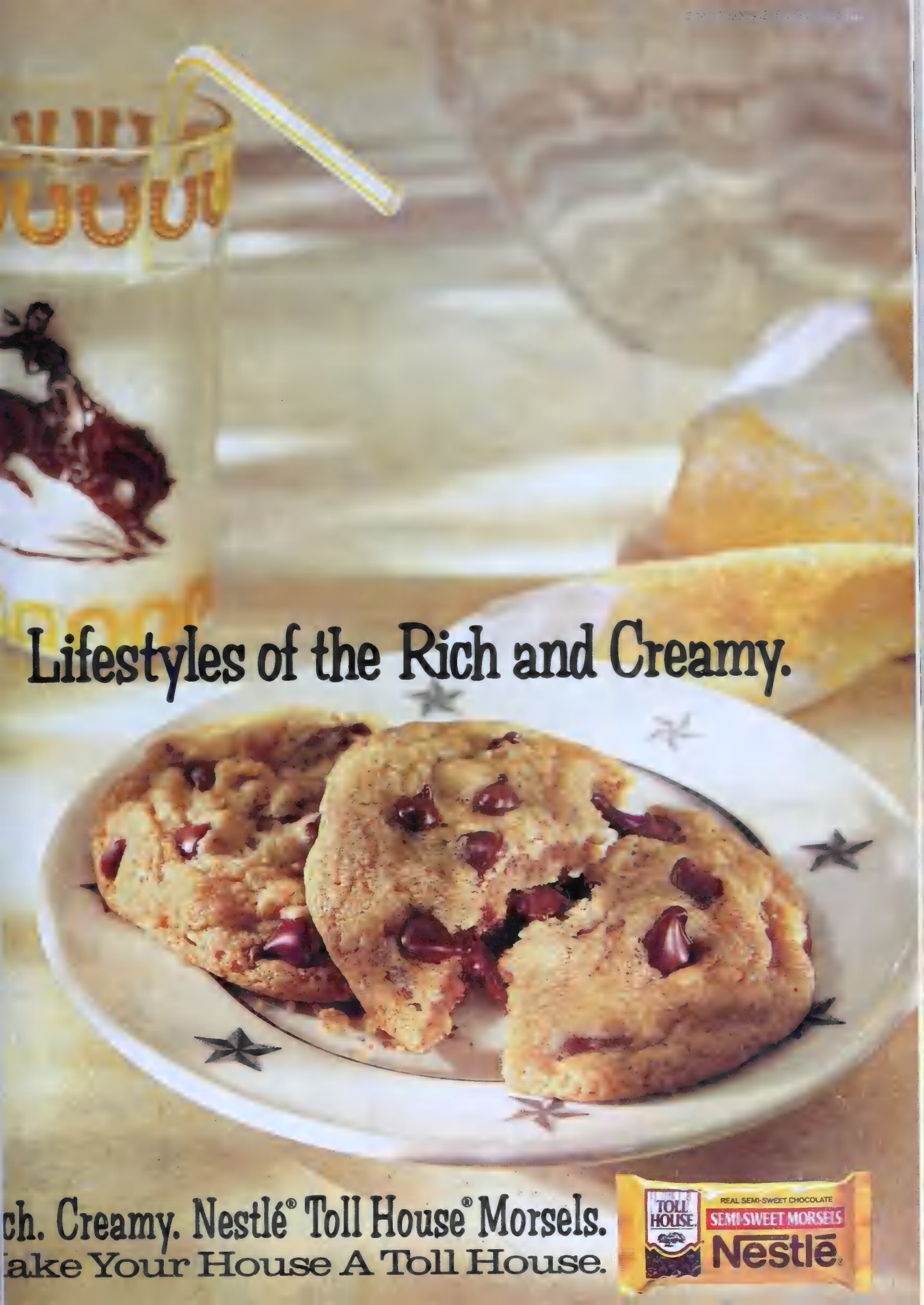
MICROWAVE SQUASH WITH THREE TOPPINGS

You may substitute sweet potatoes for

STIR-FRY TRIO

Stir-frying is a great way to combine beta-rich foods. Just follow the recipe in the left column with ingredients for vegetable, beef or shrimp stir-fry.

	VEGETABLE	BEEF	SHRIMP
IN WOK OR LARGE SKILLET OVER HIGH HEAT, ADD:	1 tablespoon vegetable oil	1 tablespoon vegetable oil	1 tablespoon vegetable oil
STIR IN AND COOK 30 SECONDS:	2 teaspoons minced fresh ginger 1 teaspoon minced garlic ¼ teaspoon red pepper flakes	2 teaspoons minced fresh ginger 1 teaspoon minced garlic ¼ teaspoon red pepper flakes	2 teaspoons minced fresh ginger 1 teaspoon minced garlic ¼ teaspoon red pepper flakes
ADD AND COOK, STIRRING, 2 MINUTES:	3 cups broccoli florets 1 cup peeled, sliced broccoli stems 4 carrots, sliced	3 cups broccoli florets 1 cup peeled, sliced broccoli stems 4 carrots, sliced	3 cups broccoli florets 1 cup peeled, sliced broccoli stems 4 carrots, sliced
SEASON WITH:	¼ cup chicken broth or water ½ teaspoon salt	½ cup chicken broth or water	½ cup chicken broth or water
COOK UNTIL VEGETABLES ARE TENDER AND LIQUID IS EVAPORATED, 2 TO 3 MINUTES.	Serve immediately.		
REMOVE VEGETABLES AND ADD:		1 tablespoon vegetable oil 1 lb. flank or top round steak, sliced thin across the grain	1 tablespoon vegetable oil 1 lb. medium shrimp, peeled and deveined
STIR IN AND COOK 1 MINUTE:		Reserved vegetables 1 tablespoon soy sauce 1 teaspoon Oriental sesame oil	Reserved vegetables 2 tablespoons soy sauce 1 teaspoon Oriental sesame oil
MAKES 4 SERVINGS. PER SERVING:	100 calories, 5 gm protein, 4 gm fat, 15 gm carbohydrates, 400 mg sodium, 0 mg cholesterol.	350 calories, 28 gm protein, 21 gm fat, 15 gm carbohydrates, 722 mg sodium, 59 mg cholesterol.	245 calories, 24 gm protein, 10 gm fat, 16 gm carbohydrates, 778 mg sodium, 140 mg cholesterol.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TOLL HOUSE
REAL SEMI-SWEET CHOCOLATE
SEMI-SWEET MORSELS
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the squash. Both are nutritionally rich and delicious with our toppings.

Prep time: 3 to 5 minutes ⓞⓜ
Microwave time: 10 to 15 minutes

Microwave 2 small acorn squash (1-1¼ lb. each) on High 2 minutes; cut in half and scoop out seeds. Arrange squash, cut side up, in 13x9-inch microwaveproof dish; cover and microwave on High 10 minutes, rearranging halfway through. Turn squash cut side up. (Or, cut 2 large sweet potatoes or yams, 14-16 oz. each, in half lengthwise. Microwave cut side up 10 minutes.) Brush each half of squash (or yams) with ½ teaspoon melted butter or margarine. Sprinkle with salt and freshly ground pepper and add desired topping (below). Microwave uncovered on High 2 minutes. Makes 4 servings.

TOPPINGS

MARMALADE-GINGER: Combine ⅓ cup orange marmalade, ¼ teaspoon grated fresh ginger and ⅛ teaspoon each salt and freshly ground pepper in small bowl.

Per serving: For squash, 165 calories, 2 gm protein, 2 gm fat, 39 gm carbohydrates, 98 mg sodium, 5 mg cholesterol. For yams, 245 calories, 3 gm protein, 2 gm fat, 56 gm carbohydrates, 112 mg sodium, 5 mg cholesterol.

OAT-NUT STREUSEL: Toast ⅓ cup quick-cooking oats and 2 tablespoons chopped pecans in medium skillet over medium-high heat until mixture begins to brown, 3 to 4 minutes. Add 2 tablespoons brown sugar and 1 tablespoon butter or margarine; cook until butter is melted, 1 minute more.

Per serving: For squash, 195 calories, 3 gm protein, 8 gm fat, 32 gm carbohydrates, 57 mg sodium, 13 mg cholesterol. For yams, 275 calories, 4 gm protein, 8 gm fat, 49 gm carbohydrates, 71 mg sodium, 13 mg cholesterol.

SAGE AND BREAD-CRUMB: Heat 1 tablespoon olive oil in medium skillet over medium heat. Add 1 teaspoon minced garlic and cook 30 seconds. Add ⅔ cup fresh bread crumbs, ¼ teaspoon sage, ¼ teaspoon salt and ⅛ teaspoon freshly ground pepper; cook, stirring, until golden, 2 minutes.

Per serving: For squash, 145 calories, 2 gm protein, 6 gm fat, 24 gm carbohydrates, 198 mg sodium, 5 mg cholesterol. For yams, 230 calories, 3 gm protein, 6 gm fat, 41 gm carbohydrates, 212 mg sodium, 5 mg cholesterol.

APRICOT SQUARES

Dried apricots give a chewy texture to these bar cookies (below). Almonds add contrast, and fiber, too.

Prep time: 10 minutes
Baking time: 40 minutes

- 1 cup sugar
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ¼ cup butter or margarine, cut up
- 1 cup chopped dried apricots
- ½ cup slivered almonds
- 2 large eggs
- ½ teaspoon grated lemon peel
- ¼ teaspoon almond extract

Preheat oven to 350°F. Grease 8-inch square baking pan. Combine sugar, flour, baking powder, salt and butter in food processor; process until mixture resembles coarse crumbs, 5 seconds. Add remaining ingredients and pulse until just combined, scraping side of bowl as needed. Spread in prepared pan. Bake 40 minutes or until golden and toothpick inserted in center comes out clean. Cool in pan on wire rack. Cut into 2-inch squares. Makes 16 squares.

Per serving: 155 calories, 3 gm protein, 6 gm fat, 24 gm carbohydrates, 99 mg sodium, 34 mg cholesterol.

Researched by Pat Baird, R.D. Recipes by Lisa Brainerd and Pat Baird.

BETA CAROTENE TOP TEN

FOOD	BETA CAROTENE
Spinach (½ cup cooked or 1½ cups raw)	6.50 mg
Carrots (⅔ cup cooked or 1 large raw)	6.00 mg
Sweet potato (½ large)	5.15 mg
Kale (¾ cup cooked)	4.45 mg
Winter squash (½ cup cooked)	2.45 mg
Cantaloupe (½ cup cubed)	1.55 mg
Papaya (⅓ of a medium)	1.20 mg
Apricots (dried, 16 halves)	1.05 mg
Pumpkin (½ cup cooked)	.64 mg
Broccoli (⅔ cup cooked)	.64 mg

Compiled from analysis and literature by Paul Lachance, M.D., and Merrily Ervin, M.D., Food Science Department, Rutgers University

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menu
FOR FOUR

Red-Hot Chili Soup

Tostada Melts

Hot Banana Sundaes

Menu by Carol Prager

RED-HOT CHILI SOUP

This shortcut chunky soup features all your favorite chili ingredients—it tastes great without having to simmer for hours.

Heat 2 teaspoons vegetable oil in saucepan over medium-high heat. Add ½ cup *each* chopped onion and red pepper. Cover and cook 1 minute. Stir in 1 teaspoon minced garlic; cook 30 seconds. Add 2 teaspoons cumin, 1 teaspoon chili powder and ⅛ teaspoon ground red pepper. Cook 1 minute. Stir in 1 can (13¾ or 14¼ oz.) chicken broth and 1 can (14½ oz.) stewed tomatoes. Cover and bring to boil. Add ⅓ cup uncooked elbow macaroni; cover and simmer 5 minutes. Add 1 can (19 oz.) red kidney beans, drained and rinsed. Cook covered 3 minutes more. Stir in 2 tablespoons chopped fresh cilantro.

Per serving: 205 calories, 10 gm protein, 5 gm fat, 32 gm carbohydrates, 945 mg sodium, 0 mg cholesterol.

TOSTADA MELTS

A ham and cheese sandwich with a Southwest twist. Use your favorite prepared salsa—we like it hot.

Preheat broiler. Combine ½ cup sour cream and 2 tablespoons prepared salsa in small bowl.

Arrange 4 flour tortillas on cookie sheet. Spread each with 1 tablespoon sour cream mixture and top with 2 ounces sliced baked ham or smoked turkey and ¼ cup shredded sharp Cheddar cheese. Broil 4 inches from heat source 3 minutes or until cheese is melted and tortillas are crisp.

Divide 1 bunch watercress, 1 diced plum tomato and 1 sliced green onion evenly among tostadas. Top each with another tablespoon sour cream mixture. Serve with additional salsa and sliced avocado on the side.

Per serving: 400 calories, 25 gm protein, 21 gm fat, 27 gm carbohydrates, 1,314 mg sodium, 76 mg cholesterol.

HOT BANANA SUNDAES

The banana caramel topping takes just minutes under the broiler.

Preheat broiler. Combine ⅓ cup *each* chopped pecans and shredded coconut in 9-inch square baking pan. Broil 4 inches from heat source 1 to 2 minutes, stirring every 30 seconds, or until coconut is toasted. Transfer to plate. Combine 2 tablespoons brown sugar, 1 tablespoon melted butter or margarine and 1 teaspoon fresh lemon juice in cup until smooth. Add to baking pan with 3 ripe bananas, cut diagonally into 1-inch chunks, tossing to coat. Broil 4 minutes or until bananas are browned and sauce is caramelized.

Spoon banana mixture evenly into 4 serving dishes. Top each with 2 scoops vanilla ice cream. Sprinkle with pecans and coconut.

Per serving: 350 calories, 4 gm protein, 18 gm fat, 47 gm carbohydrates, 106 mg sodium, 38 mg cholesterol.

ITALIAN ACCENT

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EASY CHICKEN CACCIATORE

2½ to 3 lb. broiler-fryer chicken, cut up
2 Tbsp. olive oil
2 cans (14½ oz. each) *Del Monte* Italian Style Stewed Tomatoes
1 can (6 oz.) *Del Monte* Tomato Paste
2 cups sliced mushrooms
1 cup sliced zucchini
1 tsp. basil, crushed
Hot cooked pasta

Brown chicken in oil, 10 minutes, turning occasionally; drain. Add tomatoes, tomato paste, mushrooms, zucchini and basil. Salt and pepper to taste, if desired. Cover and simmer 25 minutes. Serve over pasta. Garnish with parsley, if desired. 4 to 6 servings.

Prep time: 5 min. Cook time: 35 min.

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NUTRINEWS

What munchies are good for kids and taste good, too? Here's the latest on nutritious noshing.

By Irene Nyborg-Andersen

THE NEW SNACK PACK

It's tough enough to make your kids eat properly at regular meals without policing their junk consumption when your back is turned. Still, between-meal bites are becoming a bigger part of America's menu, and many nutritionists stress that youngsters actually *need* to consume snacks. Most toddlers can't ingest enough calories at any one sitting to keep them going for long, for instance, and active teenagers must make frequent pit stops, too.

So what's a mother to do? Here are some sensible guidelines to let your kids eat their goodies—without worrying you to distraction.

1. Limit—don't eliminate—sugar

Your own mom wasn't totally wrong: Sugar *will* decay your teeth, especially if gobbled in huge quantities just before bedtime without brushing. But today's fluoridated water and toothpastes do strengthen children's teeth against modest sugar assault. And other foods may be worse tooth-decay culprits. A recent study conducted at the Forsyth Dental Center, in Boston, suggests that *starchy* foods—such as crackers and potato chips—may have more potential for damage than candy because they actually stick to teeth longer, giving plaque-causing bacteria more time to grow. Urge your kids to brush and floss whenever they pig out on *either* sugar or starch.

A more modern fear is that sugar makes kids hyperactive. But there's no clear evidence of any relationship between the two, according to Robert Moss, M.D., author of *Why Johnny Can't Concentrate: Coping with Attention Deficit Problems* (Bantam, 1990).

"We cannot find a direct link between sugar and hyperactivity," says Moss, "except in a few children who seem to have a built-in sensitivity." Sugar does cause highs and lows in everyone's blood-sugar level, of course—that's why candy bars can provide a quick hit of energy. When that fades, children can crash pretty quickly. Fructose, the naturally occurring sugar in fruit, causes less dramatic fluctuations than refined sugar, according to Ricardo Uauy, M.D., Ph.D., associate professor of pediatrics and nutrition at the University of Texas Southwestern Medical Center, in Dallas. So, to placate your children's sweet tooth, make sure there's lots of fresh fruit available, look for cookies that are sweetened with fruit juice, and use fruit spreads rather than jam.

2. Fight fat

While obsessing about sugar, many moms fail to fret enough about fat. Patterns begun in childhood can lead to heart disease and other severe health problems later on. Many pediatricians now believe that, after the age of two, once the earliest stages of development are complete, children should gradually be shifted to low-fat milk and dairy products, and that they, like adults, should get no more than 30 percent of their calories from fat. *(continued)*

CHOCOLATE-BANANA SHAKE

Thick and rich, it definitely rivals the fast-food variety on the taste scale.

In blender combine 1 container (8 oz.) low-fat vanilla yogurt, 1 ripe banana cut into chunks, 3 tablespoons chocolate syrup and ½ cup crushed ice. Puree until smooth. Pour into tall glasses. Makes 2 servings, 1 cup each.

Per serving: 210 calories, 7 gm protein, 2 gm fat, 46 gm carbohydrates, 102 mg sodium, 6 mg cholesterol.

SNACKS KIDS WILL EAT

You already know the standards on the good-for-you list: carrot sticks, air-popped popcorn, and so on. What do you do when the kids are clamoring for something new?

SWEETS

- **Angel-food cake or meringues (light and low in fat)**
- **Baked apple (fill with raisins, or top with a sprinkling of brown sugar and cinnamon)**
- **Skewered fruit chunks (kids like anything that seems grown-up—plant a toothpick in any food and they'll think it's a glamorous hors d'oeuvre; dip in low-fat yogurt or chocolate syrup for an extra treat)**
- **Pudding (make it with low-fat or skim milk, of course—kids won't know the difference)**
- **Toasted frozen waffles (a breakfast food that's fine at any hour; skimp on butter and syrup)**
- **Dry cereal (munch right out of the box)**

SAVORIES

- **Bread sticks (wrap with ham, turkey or low-fat cheese)**
- **Low-fat tortilla chips (a fat-busting trick from the grown-up spas; cut corn tortillas into wedges and toast)**
- **Celery stuffed with peanut butter**
- **Veggie pizza (made with a whole wheat crust, topped with any vegetables that your kids like)**

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NUTRINEWS
continued

Obesity is also a concern; an estimated 40 percent of American kids weigh more than they should, and about half of these are truly obese, according to Ricardo Uauy. While you're shopping for low-fat treats for yourself, in other words, grab some for your kids as well.

3. Don't panic over pesticides

Apples seemed like the perfect snack until the Alar scare two years ago. The Environmental Protection Agency (EPA) ordered tests of this chemical, a ripening agent, to see if it caused cancer. Initial results did show a possible link. Then the National Resources Defense Council, a watchdog group, argued that Alar could be especially hazardous for children. That conclusion was disputed by some experts, however, and the company that made Alar voluntarily took it off the market late in 1989.

Meanwhile, the National Academy of Sciences is studying whether the EPA needs to adapt its pesticide-safety guidelines for children and others who might be particularly sensitive. A report is due out later this year.

4. Evaluate additives

Some children—perhaps as many as 10 percent—have an intolerance to specific artificial colors and preservatives, says Bernard Weiss, Ph.D., a professor at the Toxicology and Environmental Health Sciences Center at the University of Rochester Medical School. If you suspect that your child is hypersensitive, consult your pediatrician. In the meantime, read food labels closely.

5. Remember, this too shall pass

Take heart. If your kids are getting three healthy meals a day, the occasional slip won't wreak havoc. And don't come down too hard on the picky eater who demands nothing but peanut butter or Coco Snax. In all likelihood, your youngster will become bored and ask for something else long before malnutrition sets in. At any rate, eating jags usually end after age four, as taste buds develop.

Finally, how do you get your kids to prefer healthy foods? Keep at it. Eventually you'll hit the jackpot and find something your kids will eat. (Anything that makes food fun is worth a try. For example, try cutting sandwiches into animal shapes, or making clown faces from vegetables.) And be sure to try our kid-tested faves on the previous page. ■

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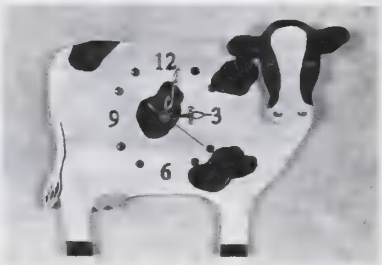

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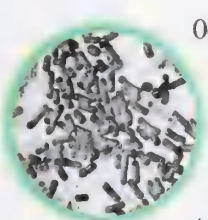

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TRAVEL JOURNAL

OLLOW THE GOLD RUSH TO NEVADA CITY

a taste of our country's history, en pioneers flocked to the mother e to make a quick fortune in gold d live an easy life thereafter, come vada City, just one hour east of mento in the northern California ls. This small city became a etter in the early days of the Gold and visitors today can find well- ed relics of that period in the museums, gold mines and parks. wsing along Broad and Main s in Nevada City, you will find t antiques stores, old-time sa- and museums that bring the days of the Gold Rush back to life. foot of Broad Street are relics of st that kids are welcome to touch. e five-stamp mill from 1893 is on y, as is the Pelton Water Wheel, was used to produce electrical from 1928 to 1987.

ou want to really throw yourself in time, have a go at the pan yourself. Gold panning, a favorite activity here, is offered by private companies on the Yuba and Bear rivers and on Deer and Wolf creeks.

For those seeking outdoor activity, there are many parks to choose from. Malakoff Diggins State Park, on North Bloomfield, provides campsites, cabins, hiking, and tours of mines and gold-panning towns.

The Empire Mine State Historic Park, in Grass Valley, is in the scenic foothills, where the trees are tall and the wildflowers blossom in the spring. The mine, established in the 1850s, produced nearly six million ounces of gold in its time.

The park has three hundred sixty-seven miles of underground passages, and tours are offered of buildings such as the impressive summer residence of its former owner, William Bowers Bourn, Jr. Visitors can look at equipment and peer down a mining shaft.

If you want to explore the area, the park offers numerous walking trails. Many mines were worked on the hundreds of acres of the park; today, except for the main buildings, only the foundations of the mine structures remain.

Another way to see the scenery is to become part of it. River rafting along the Yuba, American and Truckee rivers; hiking; horseback riding; fishing; skiing; snowmobiling, and camping are all ways to become one with nature.

Even the accommodations will satisfy history buffs. The National Hotel, at 211 Broad Street, is listed in the National Register of Historic Places and dates back to 1852. This luxurious hotel was once in the heart of the city's red-light district and has since been visited by bandit Black Bart, and more recently by actresses Lindsay Wagner and Jane Wyman, to name a few.

But if you don't opt to stay in one of this hotel's picturesque rooms, visit the National Hotel for an extravagant dinner or an elegant Sunday brunch. For a more low-key, less expensive meal, try the Posh Nosh for a hearty bowl of steaming soup and a fresh salad and sandwich, then stroll over to the National Hotel and have a drink at the bar.

If a hotel wasn't what you had in mind, the many campgrounds throughout Nevada County welcome families ($5 to $15 per night; some are free), and quaint bed-and-breakfast inns ($50 to $100 per night) specialize in making visitors feel at home. Motels and motor inns average $40 to $50.

For more information, contact the Nevada County Chamber of Commerce, 248 Mill Street, Grass Valley, CA 95945; call 916-273-4667.

—VICKY LANDREVILLE BANES

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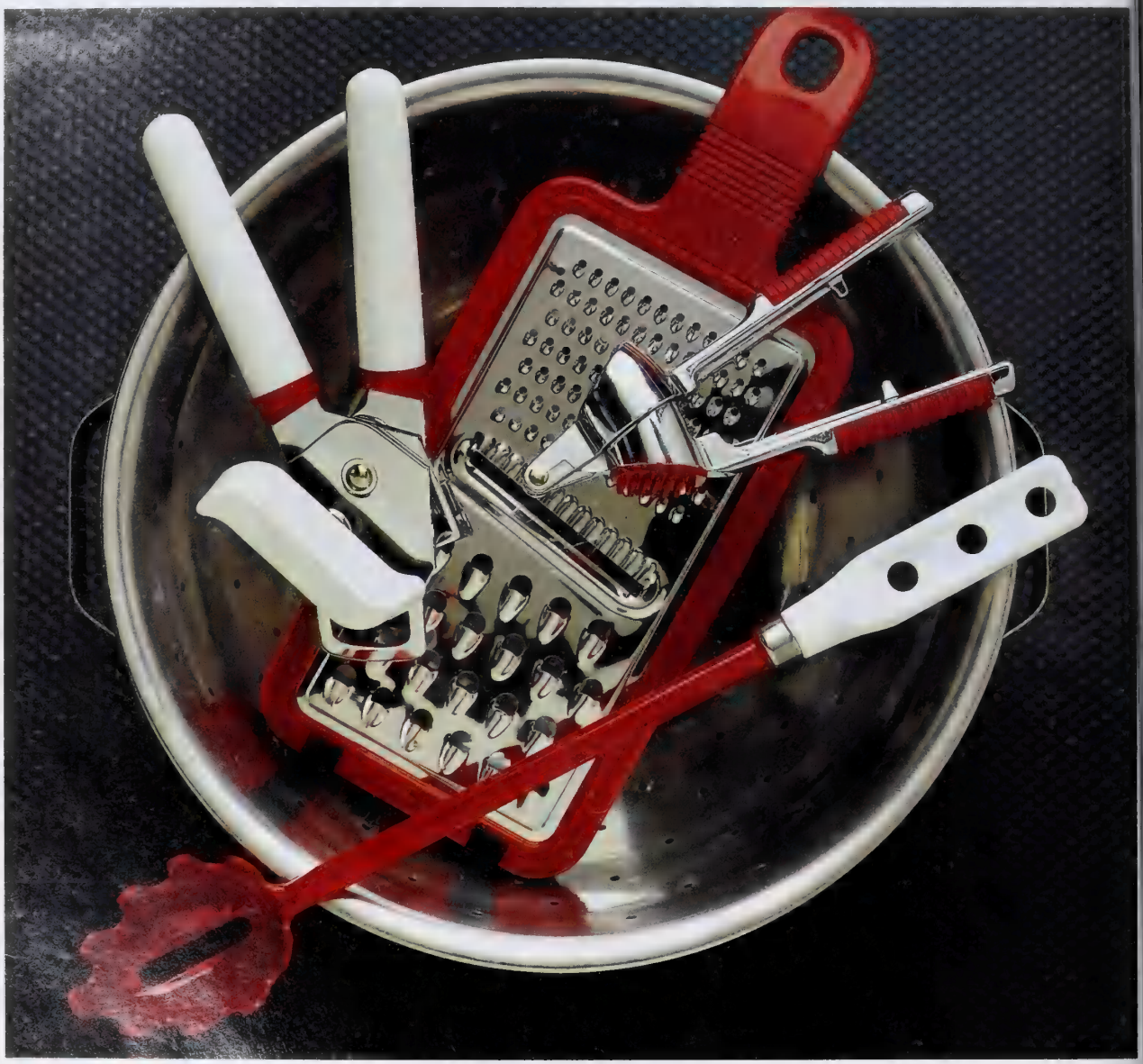

J. Barry O'Rourke

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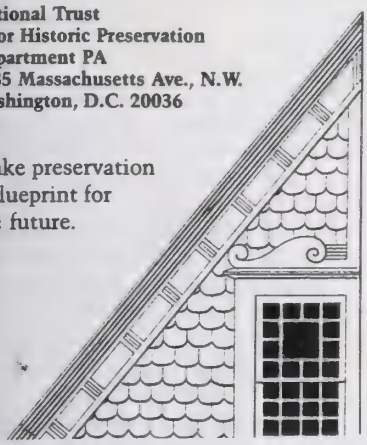

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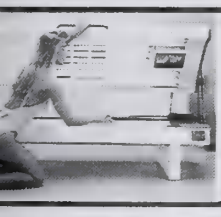

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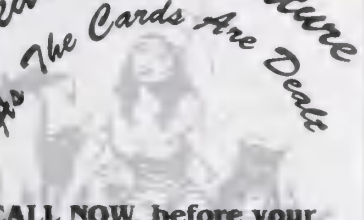

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HAZELDEN

continued from page 159

"You just don't remember," teases Sue. They all laugh.

"I don't think 'unplanned use' applies," says Helen.

"You planned to drink before your son's wedding?" asks Lois.

"Not really," Helen admits.

"Other times you recall?" someone else asks. Helen's face reddens as she begins to remember.

We are family

This is Maggie's second day at Hazelden's Family Center, where friends and family come for a week to understand the concept of addiction and their own relationships with addicted people. Most Hazelden patients spend three days here, though not with their own relatives; at first, it's often easier for them to open up with strangers. "It helps them begin to communicate with others about their illness and to seek reconciliation with their family," says counselor Ellsa Sorenson.

Today, a man named Dave opens the group discussion by saying, "The person I have the most trouble forgiving is my daughter. I don't believe I can ever forgive her for all the things she has done to our family. I hate to say this, but I don't think I would care if she died."

Stunned, Maggie blurts, "Dave, *I'm* your daughter. Can't you forgive me?" She begins to cry. "I don't know your daughter, but I do know that I want to be forgiven. I have so much guilt and shame about what I've done to my family. I'm so worried they'll never accept me. And here you are saying all those things I've imagined them saying, and I just can't stand it."

Dave is crying now, too. "Yes," he tells her, "I can forgive you." Later, he embraces her and says, "You have no idea what you've done for me."

Back at Lilly, Maggie is radiant. "It was just so incredible," she tells her friends, shaking her head. "I feel like an enormous burden has been lifted."

That night, the women gather in a circle for Liz's farewell Medallion Ceremony. (A Hazelden tradition, this rite honors those patients who have successfully completed treatment.) Liz smiles very hard in order not to cry. The women pass around a tape recorder, each giving Liz a message.

Then they form a tight circle and say the famous Serenity Prayer: "God grant me me the serenity to accept the things I cannot change . . . courage to change the things I can and wisdom to know the difference."

Breakthrough

At eleven A.M., the women gath "Grief Group"; Nicky, who was c advertising, speaks first. She's asked to make a list of things sh and grieves for. With difficult reads out: "My health; my hu my job; my money."

Nicky suffers from nerve det tion and cirrhosis of the liver heavy drinking. Later, howeve says she can't imagine "a sob that's any fun."

Meanwhile, Helen has beg sob quietly.

"Talk to us, Helen," urges Ger clergy trainee who's leading the

"The pain is coming, and I want it," Helen cries.

"Let it come," Geneva urges.

Helen is racked with sobs. Aft quiets down, she talks about m her son's wedding because sh drunk. "I just have so much sh she finally confesses. "I'm beginn face some truths about myself."

"It's important to feel and that pain," Geneva tells the "When we dull pain, we also du gratitude, sadness."

Later, sitting in Maggie's bed Helen says, "This is hard to adm I have done many awful things family. All these years, I've thou

f as the victim, but I have also the perpetrator."
ou hardly mention Phil anymore," ie observes.
know," Helen says. "It's strange. alled the other day to say he's ing about treatment for himself. lad, but I don't see that as a solu- o my problems."
dy, you are making progress!" Maggie, smiling.

vay home

gie's mother, Lynn, has just ed into the Family Center. She s that she's scared about having eak her mind to strangers. "But been real worried about Maggie ig out," she says. "About what happen when she comes home."
er, Lynn tells the group, "They me if I wanted to work on my onship with Maggie or her fa- I said Maggie because she's here e's not. But I can't get him off my . I was a battered wife. Toward nd he abused the children. I left and he killed himself. I haven't able to forgive myself for staying at relationship as long as I did. e's no reason to hang on. Maggie it, too. She uses her father's sui- as an excuse for her behavior. He has a hold on us."

Susan, a group member, asks, "Do you see Maggie as her father? Are you taking out old resentments on her?"

Lynn flinches. "I never thought of it that way," she says. "I think she has played a similar role in my life: her lying, cheating, stealing. Yes."

At this moment, Maggie is in Lowell Duncan's office. "I want you to go down to St. Paul this afternoon and take a look at Fellowship Club," he says. "It's a halfway house. You'd live there six months. It's a good place."

The Fellowship Club is recommended for those patients who will need additional treatment and guidance before going home. The counselors feel that Maggie needs this environment because her own house is in an isolated area—they worry that if she got lonely, she might be tempted to drink—and also because her boyfriend is an alcoholic.

"Turn it over, okay?" Duncan says.

"Turn it over" is a recovery term for letting your "higher power" help you with a decision. Spirituality is something counselors at the center call the heart and soul of recovery. As they explain it, it's about connecting with yourself as a human being with strengths and weaknesses, and to other people. For most, "higher power" means God, but for many, it simply means something larger than oneself: a group, an idea, positive feelings.

At Lilly, afternoon group therapy is about going home. Just the thought of it has given several of the women the urge to drink.

"My apartment is on a street with four bars, in a neighborhood where I did all my looking for Mr. Goodbar—shacking up with a different man every night," says Amy, thirty-five, a physical therapist. "Here I feel like I'm getting better, but when I think of getting out I literally start to shake."

Ellsa Sorenson talks about how important those first weeks and months of sobriety are. "Go to as many AA meetings as possible," she tells them, recommending at least one a week. "Keep working on the twelve steps. Never get too hungry, too thirsty, too tired or too lonely."

Reunion

Returning to her room after a swim, Maggie finds her mother sitting on the bed. "I've just finished my three days on Family, and like you warned me, it was very intense," Lynn says.

"Want to talk about it?" Maggie asks. Soon they're crying and laughing and holding each other. They look into each other's eyes as if seeing one another for the first time. *(continued)*

HAZELDEN
continued

"I blamed myself for what he did to you, to us all," says Lynn. "I have felt so guilty for so long, and I think I began to blame you in order to take the pressure off."

"It's okay, Mom," says Maggie. "I know what part I've played."

That evening, as they walk into the lecture hall together holding hands, a cheer goes up from the Lilly group. Maggie and Lynn hug and take a bow.

Farewell

Maggie runs her fingers through her hair as she looks slowly around the room. "When I first came in here I didn't trust anybody, and especially, I didn't trust myself," she says. "I wrote in my journal then: *I do not like who I am.* Somewhere along the way I just surrendered. I decided to stop being so judgmental and perfectionistic. I'm finding that I can trust, that I can ask for help, I can take advice. And most important, I can act.

"Yesterday I 'turned over' the decision about Fellowship Club to my 'higher power,' " she continues. "This morning I woke up and thought, Why not?" She shakes her head. "For the second time, I feel like I've made a really good, really important decision."

"The first time?" someone asks.

Maggie smiles. "When I came in here. When I finally let go of my suitcase—I literally held on to it for a couple of hours—I knew I'd come home."

Postscript

It has now been eighteen months since Helen's had a drink. Like 10 percent of all Hazelden patients, she enrolled in Jellinek, the center's extended-care residential unit. This four- to six-month program continues the patient's previous treatment and also helps her deal more fully with any unresolved psychological issues. In Helen's case, this was her relationship with her husband and her low self-esteem.

"The best part," she admits, "was getting away from my family and not getting constant criticism. I had time to learn to feel better about myself and to actually see that I could deal with problems and not drink."

At first, returning home after seven months at Hazelden was a struggle. "I was running to AA meetings all day just to cope," she says. Now she attends one a week. She's also learning some new business skills so she'll be able to work if she chooses, and has her own bank accounts and credit cards. She spends a lot of time with her children and is eagerly awaiting the birth of her eighth grandchild.

She is living with Phil again, but has considered ending the marriage. "We go to counseling now, and I've learned to live my own life," she says.

Things have not been easy for Maggie. Six weeks after she moved into Fellowship Club, she began drinking secretly. After she left, her drinking escalated and she became suicidal. Friends from Fellowship and her mother confronted her. Maggie ended up back at Hazelden—in Jellinek.

"Having to go there was a gift," Maggie says. She was able, for the first time, to relive the pain of being sexually and physically abused by her father when she was five. Going through this has made her more honest, she says. "I have been numb most life, and because of that, whe pain would creep in, I'd medic away with alcohol. Now I know it's like to be alive, and I love it it impossible to lie anymore or for others. Now I'm doing it for m

Today, Maggie has a new ment, a new boyfriend and a n at a child-care center. She's lost pounds and works out regularl her proudest moment came whe received a medallion from he group for being sober for six mo the first time in twelve years.

Karen Branan is a free-lance who lives in Washington, D.C.

OVERCOMING ADDICTION: SPECIAL HELP FOR WOMEN

The decision to seek treatment is never easy—but it's especially difficult for women. Although women represent more than 30 percent of those addicted to alcohol in the U.S. and—some experts believe—a good number of all those addicted to drugs (no overall figures are currently available), they represent only 30 percent of all patients in treatment centers. One reason for this, experts say, is that women feel more shame and guilt about their addiction because society judges them more harshly.

Practical considerations, such as money and a caretaker for their children, also keep many women out of treatment. Some private programs can run as high as $15,000 or more a month, and health insurance often doesn't fully cover rehabilitation. Only a handful of private clinics provide child care, and few will admit pregnant women.

Yet addicted women may need even more help than males. "Women come to us so late, when they are so sick, when they've already lost so much," says Sister Marie Gubbels, a Hazelden counselor. Women alcoholics, for example, are more likely to have lost their spouses through divorce than are men.

Not only that, but evidence indicates that for physiological reasons, the effects of heavy drinking, such as cirrhosis of the liver and circulatory disorders, progress more rapidly in women than in men. Research also shows that women alcoholics are more likely to attempt suicide and that they are more apt to have a drug problem as well. Finally, experts have also discovered that a large number of female addicts have been sexually abused.

However, it's only been within the last decade that treatment centers have recognized the unique problems women face—and the special kind of rehabilitation they require. In the past, many facilities practiced only confrontational treatment techniques. Dorothy manager of counselor training at Ha describes her own treatment there in 197 shaming experience. We were referre dollies. The joke was that there's no suc as a *lady* drunk."

After a group of women began to pr 1978, Hazelden drastically changed its ment plan to address the special ne women patients.

Harold Conlow, vice-president of reh tion services at Hazelden, admits that he male chauvinist pig" when he started c ing women. His female patients, ha taught him a lot. "No one had ever liste them," he says. "They'd always been tol to do—by fathers, husbands, ministers, c you name it. So they came in with a lot of They also came in with a lot more is incest, battering, abuse, eating disorde learned to listen and to be very careful advice." To help such patients cope onc leave the treatment center, counselors them to programs for battered wome women's assertiveness groups, as well as lar AA meetings.

Says Rose Munns, a counselor at Lill and a recovering alcoholic, "I just try women feel good about themselves. I them to love themselves. I want them okay. That's a new experience for women like being a part of it."

WHERE TO GET HELP

If you or someone you love has an a or drug problem, call your local chap Alcoholics Anonymous, listed in your book, or the National Drug Informatio Treatment Referral line at 800-662-HELP groups can give you treatment inform and the names of centers in your area.

HEL KENNEDY

nued from page 126

in the Kennedy compound, in
s Port, Massachusetts, reflect
v important RFK and her fam-
to her. Hickory Hill is filled
emorabilia of her husband: pho-
s, paintings, awards, medals. A
s covered with photographs of
dren and eleven grandchildren.
tage in Massachusetts is simi-
rideful: On one wall is a sign
e first political campaign of her
seph. On another is a collage of
snapshots.

children say she was not over-
in raising them as "Kennedy
ut that she was careful to teach
who their father was, what he
to them, and they to him.
ir whole sense of history is al-
here and around them," Ethel
but I certainly never said to
Now go out and do this.' "
er daughter Kerry, she is the
strength of the family. "People
cus on the Kennedy men," Ker-
s. "I can't tell you how many
've been asked, 'What kind of
e did your father set?' But often
ked to the exclusion of my moth-
tried to impart to us the values
hared; she was very strong
g that."

act, Ethel's kids try to reflect
alues in what they have chosen
Kathleen Kennedy Townsend,
nine, works as an administrator
ryland's Department of Educa-
elping teenagers do volunteer
Joseph, thirty-eight, is in his
ear as a Democratic congress-
from Massachusetts. Michael,
three, runs his nonprofit compa-
makes no secret of his interest
litical career. Robert Jr., thirty-
is a lawyer in New York who
on the Natural Resources De-
Council, a nonprofit environmen-
up. Kerry, thirty-one, runs the
F. Kennedy Memorial Center
man Rights, and Courtney Ken-
uhe, thirty-four, is a fund-raiser
RFK Memorial. Others do vol-
work: Christopher, twenty-sev-
s organized a group to deliver
the homeless; Maxwell, twenty-
second-year law student, runs a
r camp for homeless kids at
y Hill; Douglas, twenty-three,
-lance writer, also helps the
ss; and Rory, twenty-two, a stu-
Brown, has worked with refu-
Africa.

not everything has gone
ly for all of Ethel's children.
Jr. had to conquer a heroin ad-
that came to light when he was
d for drug possession in 1983.

Before his death, David's flamboyant drug use led to his becoming the family outcast. According to one best-selling Kennedy biography (*The Kennedys: An American Drama*, by Peter Collier and David Horowitz; Summit, 1984), David felt that Ethel and the rest of the family had failed to give him the kind of love and understanding he needed.

And there has been marital trouble; Joseph was divorced last fall. But there have been celebrations as well: last year, Kerry wed Andrew Cuomo, son of the New York governor, and Maxwell recently became engaged.

While she's pleased with the social-service careers of many of her children, Ethel still considers politics "the highest calling."

In this generation, it is a calling that may include Kennedy women as well as men: Kathleen has already run unsuccessfully for Congress and may make a second bid. Would Ethel urge any of her other daughters — say, Kerry—to run, too?

She pauses and smiles. It is a question she has obviously thought about. "Well," she says slowly, "I'd like Kerry to raise a family first." ■

Joe Sciacca is a reporter for the Boston Herald.

SALLY FIELD

continued from page 123

Los Angeles, there were only a few months' downtime before Sally had to begin filming *Soapdish*, a farce about daytime dramas that's scheduled for a summer release.

Then there was preproduction planning to attend to on *Dying Young*, the first film that features Field in the credits as producer but not actor. In the past, Fogwood Films, Sally's company, has made *Murphy's Romance* and *Punchline,* with Sally at the top of the cast list. This time out, though, the star is the sizzling-hot Julia Roberts, Sally's doomed onscreen daughter in *Steel Magnolias,* playing a companion in love with a leukemia patient.

All that's the public Sally. The private one has been just as busy. Married for six years to film producer Alan Greisman, she's been raising Sam, as well as Peter, twenty-one, a senior at Syracuse University, and Eli, eighteen, a freshman at the University of Colorado—from her marriage to her high school sweetheart, Steve Craig.

So, if life didn't exactly begin at forty, it is skittering off in some wonderful directions. How does she differ from the woman she was at thirty? "I'm better," she starts, hesitantly. In what way? "In every way!" she shouts, laughing and bouncing on the sofa. "But as far as trying to stay young—certainly not on the screen. I *am* getting older. If this isn't middle age, I don't know what it is. I'm not old. I have a long way to go before I can play the roles Jessica Tandy is playing. But I'm not young—*that's* the difference.

"The kind of things women go through about aging has to do with certain losses," she allows, "not only because of what society does to women, but because of how women's bodies change.

"Women feel a grieving, mourning, at the loss of a certain side of being a woman. When you hit forty-four, you start to think, Well, I'm gonna have to deal with it [menopause] over the next five to ten years. That's the only part I feel now, because that part of being a woman makes you feel so valuable, even inside yourself. And that is a loss to me—whether or not I ever wanted to have another child."

That's not the only mixed emotion Sally feels, for all the joys of mid-life motherhood. This woman who once said that "anger is my best friend" is still trying to channel that feeling. "I have a real reservoir of anger that I can call on—and sometimes it calls on me!" she says. "I'm a Scorpio. I don't ever forget, and believe me, the people I get angry at usually don't f either. 'Cause I get really boom—like shot from cannons. nice and reasonable one min then—higher than a kite."

What gets her dander up the is the so-called glass ceiling tha women from rising to the pinn power or earning the same sal their male counterparts. Bu such other leading ladies as Streep have railed repeatedly pay inequities in Hollywood doesn't think female stars sho *too* sorry for themselves. "I Meryl is right," she says, "but i to present this kind of problem American public right now."

"The money I make is unbelie declares the woman whose sala seven figures a picture. "I am s ful that I am making what I Then, sounding more and mo Norma Rae, the union activ played in her first Oscar-winne lets fly: "What I find outrag that it's so hard for the rest country to make a living, to mak meet. So although Meryl may the right road, I would rather fi single mothers, for instance, w working all day long for this p while the guys next to them same job are making more mone

ly way you fight it is to pay
on to the elections and the can-
. Pay attention and vote."
Field can jump down from the
e as quickly as she got on. Just
out Sam. "Having a child in
orties, when you've had other
n earlier, means that you cher-
ese years almost obsessively,"
ys reflectively. "I wish I had a
ith each of the other boys being
again—carrying them around
lding them. I was busy living, so
think I ever cherished it."
e afraid she'll make any mis-
ith Sam? Of course. "When *don't*
el you're making mistakes?
constantly questioning yourself
ying, I don't know what I'm do-
n ruining the child, he'll be de-
l." That's only when she's feeling
id, though. Then she reminds
, "Peter has done very well. And
great guy. So far, so good."
t made motherhood all the more
is was a brush with tragedy late
3. On the way home from Aspen,
vate jet carrying Sally, her moth-
n and Sam—then eleven months
rched out of control on takeoff,
ng off the runway and plowing
wo other planes. Miraculously,
ne escaped serious injury.
till have nightmares about it, though I've got to get over them somehow," Field confesses. "I was afraid I wouldn't be able to hold onto Sam. There was no buckle for him—only my arms. So I tried to hunker down, put my knees up in some way so that I knew I could keep hold of him. I still find myself acting like an idiot on takeoffs and landings. I throw myself over Sammy. People look and say, 'What is this woman doing?' And even *he's* saying, 'Go sit on your own side!' "

When filming *Not Without My Daughter*, Field's strong maternal instinct surfaced once again. "It was right there—the kind of fierceness you feel, a sort of animal fierceness that comes over you, especially when you have a very young child."

Field's own parents divorced when she was four, and she grew up with her mother, Maggie, a one-time contract player at Paramount, and her stepfather, Jock Mahoney, a former screen Tarzan, who died in late 1989.

After high school, Sally landed *Gidget*, and something that took her even longer to live down, *The Flying Nun*. The two treacly roles practically made her the poster child for perkiness. By 1976, aware that both career and marriage were at dead ends, Field had fired her agent and business manager. She had also divorced Craig and begun a well-publicized romance with Burt Reynolds. (The two no longer have any contact, she says.)

That same year, she twice appeared dramatically against type, first in the pumping-iron film *Stay Hungry*, then in the TV movie *Sybil*, the story of a woman with multiple personalities. The performance won her an Emmy and forever grounded flying nun jokes.

Now, Field feels she has sufficiently proven herself to put aside worries of whether—to borrow from her notorious Oscar acceptance speech for *Places in the Heart*—people like her, really like her. "I never really address myself to any image anybody has of me. That's like fighting with ghosts," she says in the tone of someone who once fought and lost. "My task is to find material that interests me. When I say I'm interested in doing an action picture, I don't think in terms of my career so much as how much fun it would be. I've never had any rules for myself."

So, will we soon be seeing a Sally version of *Lethal Weapon* or *sex, lies and videotape*? Don't bet against her doing whatever she wants. Because these days, this one-time pixie is known not only for sweetness but for might. ■

Michael J. Bandler writes frequently about celebrities for LHJ.

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—Corinne Adria Bariteau

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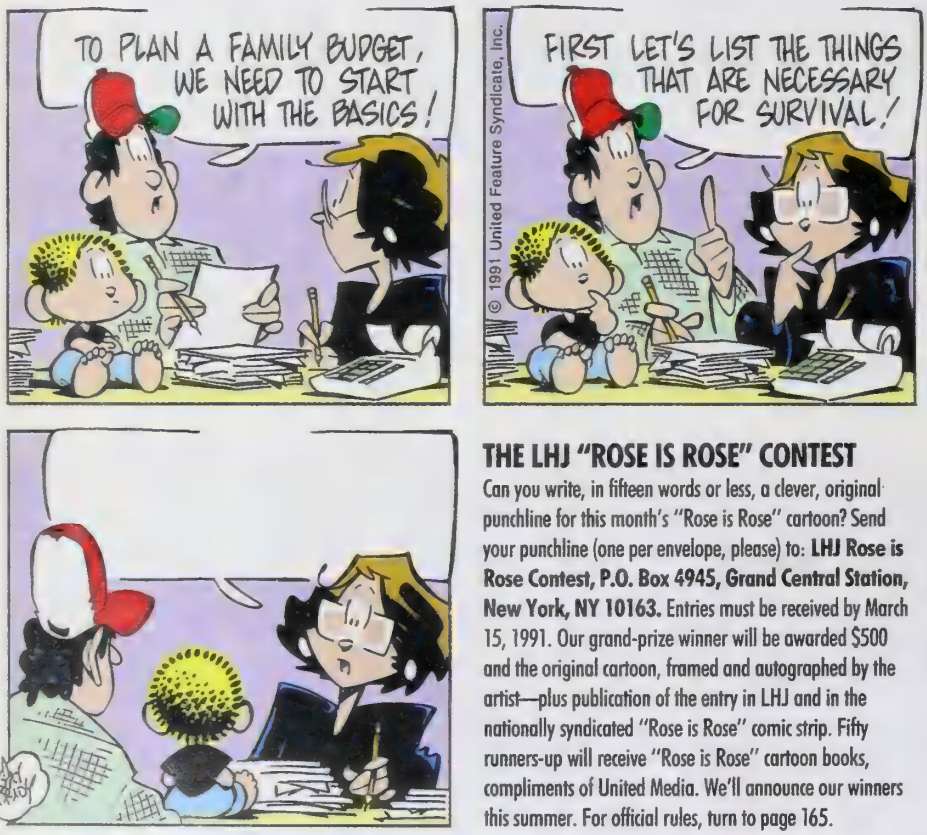

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OUT OF THE MOUTHS OF BABES

When my brother-in-law asked his five-year-old granddaughter if she'd learned what her five senses were, she said, "Of course, Grandpa—they're a nickel!"

—Alice M. Wallace, New Brighton, PA

At the supermarket I saw a woman and her young son walk up to the bacon display case. She picked up one package of bacon after another, examined them, then put them back. After watching her do this for a minute or so, the little boy asked, "Are you looking for one with your name on it, Mommy?" *—Erma Price, Livingston, NJ*

When our son, Benny, was four years old, he heard his father say something about his in-laws. "What are in-laws?" Benny asked. I explained that my relatives were his father's in-laws. He thought for a moment, then said, "Does that mean Daddy's relatives are outlaws?"

—Sara Hawkes, Oxford, GA

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Cindy (right) is wearing Custom Eyes Sheer Shadow in Lucent Lilac, Super Lustrous Sheer Lipcolor in Rasberry Revealed and Nail Enamel Sheers in Rose Reflections.

Rachel (inside center) is wearing Custom Eyes Sheer Shadow in Sheer Sky, Super Lustrous Sheer Lipcolor in Gossamer Peach and Nail Enamel Sheers in Peach Chiffon.

Christy (inside far right) is wearing Custom Eyes Sheer Shadow in Gauzy Grey and Super Lustrous Sheer Lipcolor in See through Pink.

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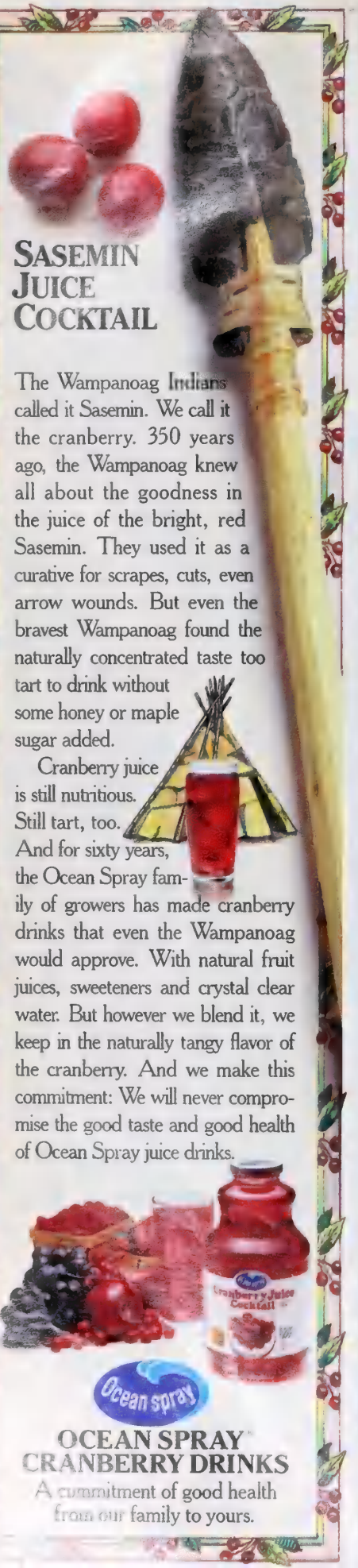

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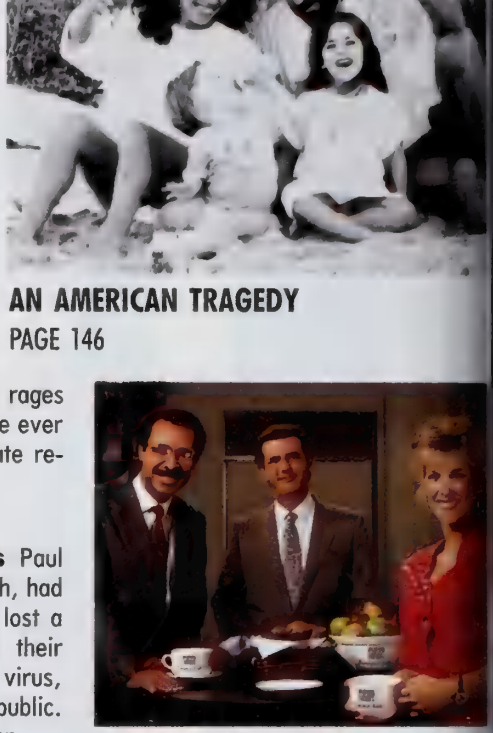

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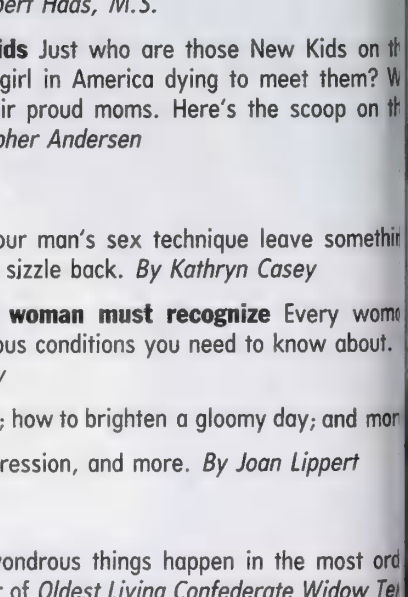

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Cover: photo, Lynn Goldsmith/LGI; hair and makeup, Brad Bowman for Cloutier (Kids), Heidi Wells and Audrey Berma Ennis, Inc.; stylist, Jane Harrison (Kids), Lysa Pelletier/Team Boston; Moms' clothing, courtesy of Bloomingdale's. Cher p courtesy of MGM. This page: top, Patrick Demarchelier; bottom, Bill Milne. Cover: photo of Claudia, Patrick Demarch hair, Didier Malige for Jean Louis David; makeup, Bonnie Maller.

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REVLON

EDITOR'S JOURNAL

IN OUR PAGES

By Myrna Blyth

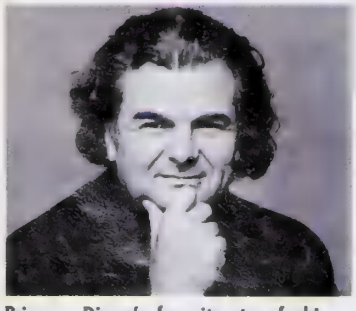
Book people: Sofia Marchant and Sarah McCraw looking up from the pages

I THOUGHT I'D INTRODUCE YOU TO SOME OF the people who helped create this really special March issue. First of all, meet *LHJ*'s intrepid book department: Books and Fiction Editor Sofia Marchant and Assistant Editor Sarah McCraw, who are especially proud of this month's selection, which includes Cher's new diet-and-fitness book (page 76) and an excerpt from Elizabeth Glaser's book about her family's struggle with AIDS (page 146), both best-sellers. They also recommend our marvelous short story, "It had wings" (page 108), by Allan Gurganus, author of the best-seller *Oldest Living Confederate Widow Tells All*.

The write stuff: Chris Andersen, author of many books, and award-winning reporter Andrea Rock

Two writers of note: Chris Andersen and Andrea Rock. Chris, a former senior editor at *People*, is the author of twelve books. For *LHJ*, he interviewed New Kids on the Block and their moms, which really impressed his elder daughter Kate, ten, a dedicated New Kids fan.

Andrea Rock, a contributing writer for *Money*, won a National Magazine Award for her report on AIDS and the safety of the blood supply in our country. We think you'll agree that her feature, "The crushing cost of health care" (page 125), is just the kind of reporting that should be in our pages.



Princess Diana's favorite: top fashion photographer Patrick Demarchelier

Patrick Demarchelier, who's responsible for the photos of Claudia Schiffer (page 156), is simply one of the world's greatest photographers. He's the man almost every glamorous celebrity calls when she (or he) wants a picture taken. Now isn't it obvious that at *LHJ* we have the best people creating the best possible magazine just for you?

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A GOLOVKO
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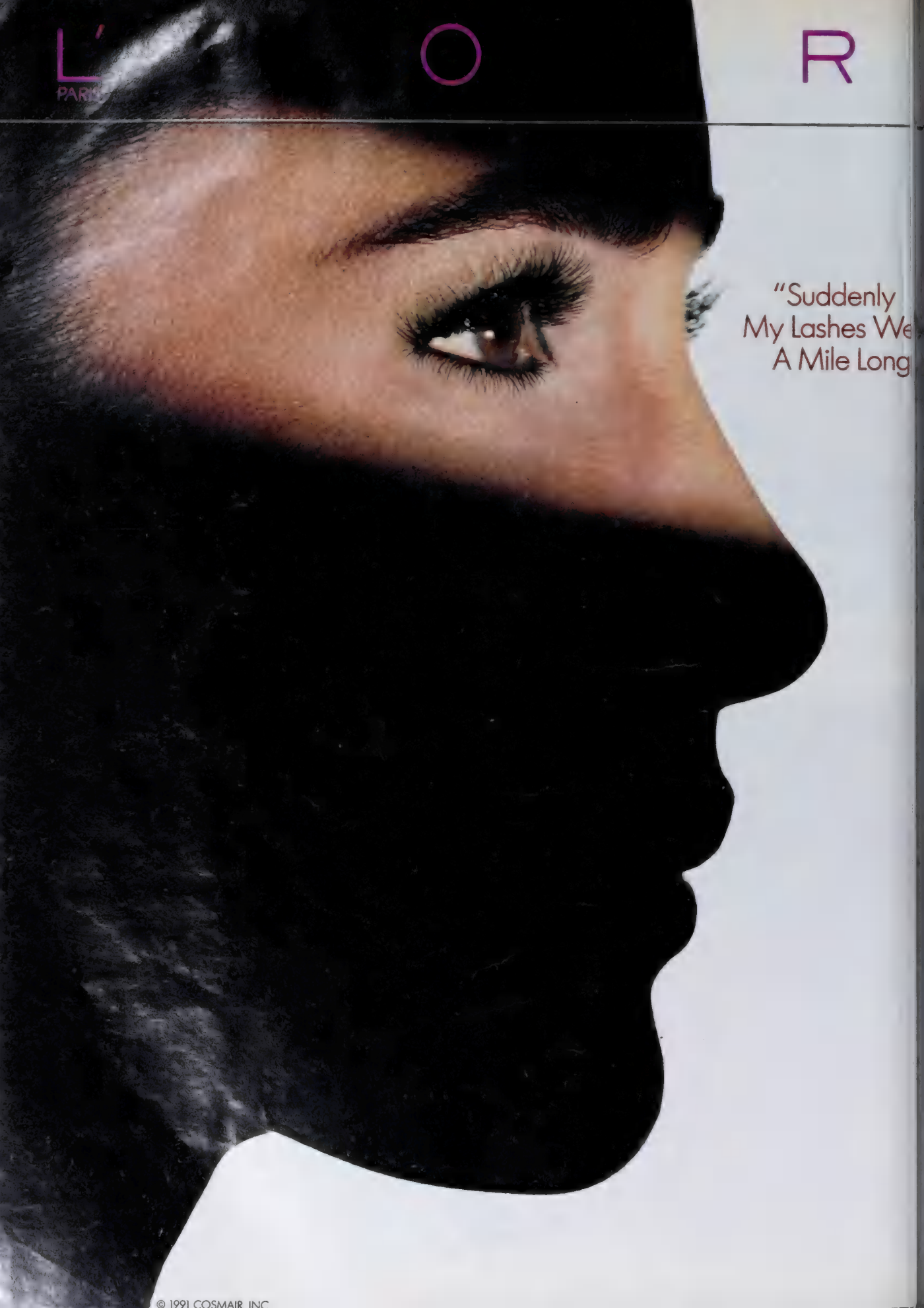

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CAN THIS MARRIAGE BE SAVED?

"MY HUSBAND IS HAUNTED BY HIS PAST"

Roy's obsession with memories of his first marriage were destroying his second. Could Gail help her husband finally learn to put the past behind him?

By Margery D. Rosen

GAIL'S TURN "I feel like we've hit a wall," said Gail, thirty-eight, as she slowly twisted a tissue in her hand. "I love Roy very much. We've been married eight years, and we're good for each other in so many ways. But we have these huge problems we just can't resolve.

"I've always been very determined, and I won't give up on us yet. I grew up in a small town in Pennsylvania. My father worked for a manufacturing company, and my mother was a housewife. I've never felt close to either of them. Mother was terribly unforgiving. Anything you did was your fault, and you did it on purpose. If you spilled your milk at lunch, she was sure you'd done it to make her miserable.

"What kept me going was my painting, even though my parents belittled it. After I graduated from high school, they insisted I go to a teachers college and refused to pay for art school. I enrolled in art school anyway and tried to pay for it myself, but it got to be too difficult. So I dropped out after a year, and I've always regretted that.

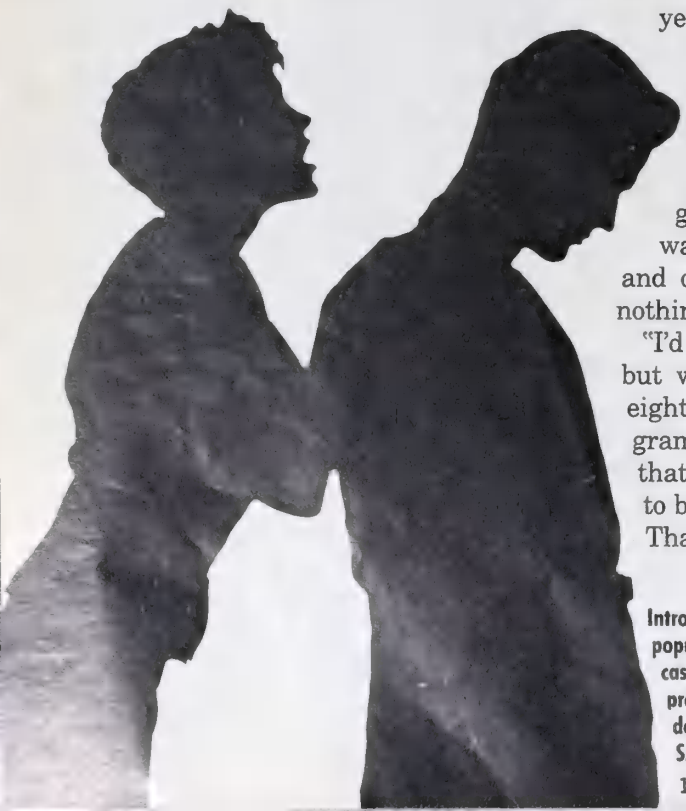
"I floundered for a long time. That was during the sixties, and I guess you could say I was a hippie. I fell in and out of relationships; nothing ever lasted.

"I'd always had odd jobs, but when I was twenty-eight I read about a program at a large company that would train women to be copier technicians. That was the era of affirmative action; I applied, and they hired me.

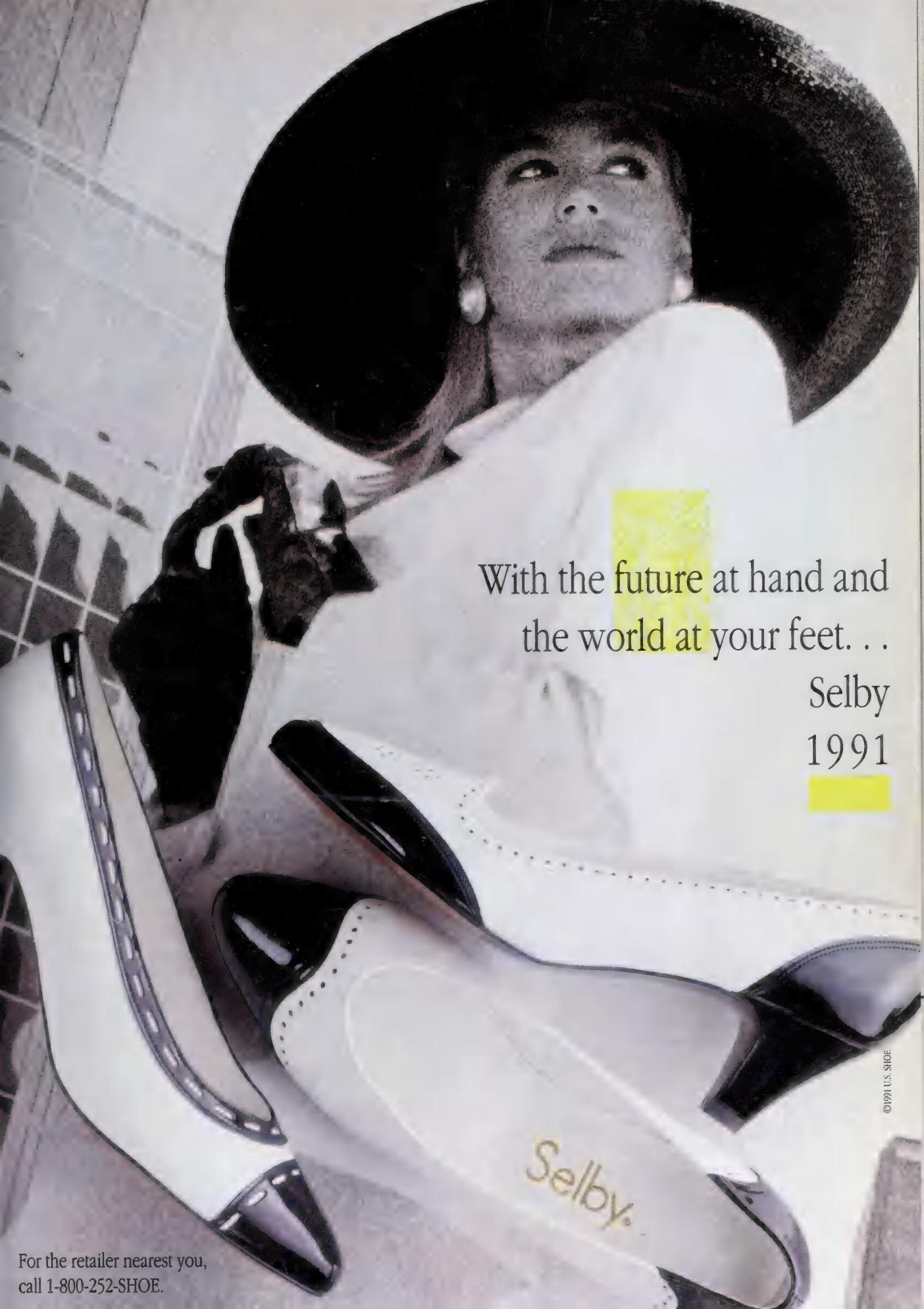
"Roy was working part-time supervising the custodial staff in the building where I worked —he's a poet, but he does the custodial and contracting work to earn money. I'd never noticed him until he started talking to me in the elevator one day. Before I realized it, we were having this serious discussion about everything—philosophy, art, music, poetry. I'd never met such a fascinating man in my life. We made a date for dinner—he cooked a wonderful meal in his apartment—and we were married by a justice of the peace ten months later at a friend's house.

"It's hard to say when things started to unravel. One of our big problems is that Roy drinks too much. He can have one or two drinks and be fine, but then, all of a sudden, he'll be wiped out. He becomes a different person when he drinks. We'll go to a party, and this kind, loving man will become very abusive, humiliating me and criticizing others.

"Money *(continued on page 24)*



Introduced thirty-eight years ago, CAN THIS MARRIAGE BE SAVED? is the most popular, most enduring women's magazine feature in the world. This month's case is from the files of Miriam Galper Cohen, M.S., a psychotherapist in private practice in Philadelphia. The story told here is true, though names and other details have been changed to conceal identities. CAN THIS MARRIAGE BE SAVED? is a registered trademark of Meredith Corporation.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A little sleepyhead just up from her afternoon n

"Lisa"

When the summer breezes first lulled "Lisa" to sleep, Mommy gently put her down on her nap pillow. Now "Lisa" is just waking up. Eyes still partially closed, flexing her chubby legs, she's just about ready to enjoy another afternoon of her very first summer.

"Lisa" is an original issue in the award-winning *Yolanda's Picture-Perfect Babies®* doll collection by Yolanda Bello. Produced under the Knowles China Company hallmark, "Lisa" represents the centuries-old tradition of classic character dolls that so often become cherished family heirlooms.

Quality Craftsmanship in Every Detail

"Lisa's" head, arms, and legs are hand-cast of fine bisque porcelain. Her dreamy features are hand-painted, with hand-set blue eyes. She snuggles contentedly into her pillow, knees flexed, her little hand posed as if she's just taken her thumb from her mouth.

"Lisa's" sunsuit and matching hat are tailored of pastel floral fabric, highlighted with row after row of delicate lace. Her white, lace-trimmed blouse matches the fabric of her pillow. The soft, fluffy pillow itself is generously ruffled, and trimmed with embroidered satin ribbon and lace. Each doll is hand-numbered and comes with a matching numbered Certificate of Authenticity.

Evaluated against *The Uniform Grading Standards for Dolls* by the Ashton-Drake Galleries, these distinctive features have earned "Lisa" the Standards' highest rating for artistry and craftsmanship—Premiere Grade.

A Collectible Doll with Investment Potential

The doll you buy today may be a wise investmer the future. Once an edition is sold out, those want a doll from the edition must pay whateve market will bear, if and when one becomes avai from dealers or at auction. That's why fine collec dolls often sell for more than their original p within only a few years of being issued.

Of course, not all dolls increase in value; values go down. But a doll of superior artistry and craftsm ship—such as "Lisa" and other Premiere Grade dc have the best potential to appreciate.

Bear in mind that "Lisa" is an original issue ir same Yolanda Bello baby doll collection as the ex tional closed-edition dolls in the chart below. "L has similar credentials that make her potentia market success seems just as promising.

Recommended and guaranteed by the Ashton-D Galleries, "Lisa" can be yours to cherish for \$63.00—an extraordinary v for an heirloom quality dol order, simply complete and the attached reservation fo But hurry..."Lisa" is issue a hand-numbered edition will close forever in 1991. C closed, the molds will be bro and no more will ever be m so order today.

Knowles Doll	Artist	Year of Issue	Issue Price	Auctioned Price*	Change
"Heather"	Knowles	1987	$48	$500	+$452
"Jennifer"	Knowles	1988	$58	$500	+$442
"Sarah"	Knowles	1989	$58	$220	+$162

*Source: International Doll Exhibitions & Auctions, Ltd. Prices realized at the June 30, 1990 auction. Other resale prices may vary.

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76119-D88073

(continued) is probably our next biggest problem. I can't trust Roy with our finances. Sometimes after dinner he'll go out to a bar in town and have a few drinks. Well, we can't afford to spend $10 a night on drinks! What he doesn't spend on liquor, he spends in other frivolous ways. Last Christmas, he bought me a silk bathrobe that was so expensive I took one look at it and returned it immediately. We could eat for a month on what that robe cost.

"It seems that lately, no matter what I say or how I say it, Roy takes it wrong and we end up in a screaming battle. About a year after we married, I quit my job and started doing the electrical wiring on his building projects. Well, I have the design background, but I'm not allowed to make any suggestions whatsoever. Last month, when I pointed out that Roy wasn't leaving enough space between some kitchen shelves, he hit the roof.

"So here we are, supposed to be a team, and we're arguing all the time, even about little things like who does what around the house. We'd had a pretty fair division of labor when we first got married, but now Roy simply refuses to do his share. He'll wash all the dishes in the sink but leave all the flatware for me.

"In spite of all this, I want very much to have a child. I'll be thirty-nine soon, and I don't have much time left. But Roy was married before, in his twenties, and he has an eighteen-year-old son he hasn't seen since the boy was three. According to Roy, the marriage was a misery from the start. Roy left, and his ex-wife is still so furious she's gotten her revenge by taking his son away from him. What makes me crazy is that this whole experience has soured him on being a parent.

"It's hard to believe; we had such hopes, such dreams. These days there are more and more times when Roy wants to go to a poetry reading or a play by himself and not be with me. I remember the way we were, and it makes me incredibly sad. But I don't think the answer is to split up."

ROY'S TURN "Gail is right. The joy we shared those first few years is gone now," said Roy, forty-five, a tall, muscular man deeply tanned from working outdoors. "Gail just seems so unhappy with me, I can't help wondering, What's the point? I grew up in a miserable home, and I'll be damned if I'm going to spend the rest of my life in one.

"I'm originally from Alabama. Simple farm folk. My father left when I was three. My mother, who was only seventeen when I was born, then married a brutal man. He beat me and my brother, who was eleven months younger. I suppose my mother felt powerless to stop him.

"I was happiest just being off by myself, fishing, watching the animals. I couldn't stand most of the kids at school; they were all rich, hoity-toity types. Other kids played football and basketball and joined clubs after school, but I worked every day until dark—digging ditches, picking cotton, helping my stepfather build houses, whatever needed to be done. Reading and writing were my only outlets—I knew I wanted to be a writer.

"I went to many different colleges. I'd start, drop out, start, drop out. At one point I joined the Army for two years, then went back to school. I never got an undergraduate degree, though I had enough hours and credits to have earned two degrees. But you know how these establishment administrations are: They go by the book. Since I didn't have nine hours of pre-eighteenth-century literature or whatever, they refused to give me a diploma.

"When I was twenty-one I moved to Kansas City, where my cousin lived. That's where I met my first wife, Sharon. We had a whirlwind romance, got married, and two months later she got pregnant. But by the time Timmy was born, I knew the marriage wouldn't last. She made my life sheer hell, and I felt like I was in a revolving door: I couldn't live with her, but I couldn't leave my son.

"One day I couldn't take it anymore, so I moved to Vermont to get my master's in English at Goddard. They offer a kind of alternative education, and when they saw how many course hours I had and how good my grades were, they accepted me into the program. After Goddard, I moved to Philly; a professor had transferred to Penn, and I wanted to take more courses with him.

"Still, I've really paid for leaving my son the way I did. Sharon has let me speak to Timmy only twice in the last fifteen years. She's remarried and has moved so many times it's impossible to find her. I want very much to see my son, but I'm also scared he'll reject me when I do find him. I made such a mess of being a father the first time, I don't want to mess up again.

"Besides, life with Gail is beginning to seem a lot like life with my ex-wife. I feel stifled. Every time I say I want to go to a play or poetry reading by myself, she insists on coming along. Sometimes I just want to be alone.

"That makes Gail hysterical, and she wants to talk about it all night. She doesn't understand that sometimes I just don't want to talk. She complains that I don't listen to her, but the joke is, she never, ever, bothers to find out how *I* might be feeling.

"She's also an incredible nag about so many things. My drinking, for instance. Yes, I drink. Jim Beam bourbon. I enjoy it. But I don't drink to the extent Gail says. And I'm sorry if she doesn't approve of the way I behave at parties, but she shouldn't insist I accompany her. I hate parties.

"I frankly don't understand why this has happened to us either. I thought Gail was different. But now I don't feel she trusts me with anything. Her constant criticism makes me feel stupid. Nothing I do is good enough; I buy her a beautiful present and she returns it.

"Look, I love Gail, but she makes me so mad I want to say to hell with it."

"These days there are more and more times when Roy wants to go out without me," said Gail.

THE COUNSELOR'S TURN "Gail and Roy were two lost souls who had found a kindred spirit in each other," said the counselor. "They nurtured the notion of themselves as starving but noble artists, a notion that was both their strength and weakness.

"Anger and disappointment were the themes of this couple's marital life. Gail was bitter and disappointed because of Roy's lack of compassion for her. His sarcasm and the mocking tone in which he spoke to her triggered her anxieties of being alone and unloved. In defense, she badgered him, and like her mother had done with her, she became extremely critical of every wrong he ever committed.

"Gail came from a family in which both parents were very critical and withholding, so she never felt appreciated or loved for who *(continued)*

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(continued) she was. Gail had a strong artistic bent—indeed, real talent—but her parents never encouraged that. Gail felt she had to fight for everything she got because no one would do anything for her.

"Roy's early childhood was even more emotionally barren than his wife's. Abandoned by his natural father when he was three, raised by a stepfather who physically abused him, he grew up to be an angry loner who chafed at authority and prided himself on his maverick image. While he had a strong work ethic, he had such low self-esteem that he often sabotaged his chances of success.

"Though he denied it at first, Roy had abandoned his own son just as his father had left him. Roy's sneering criticism of Gail and others, his escape into drinking, were all ways to hide from himself and others that deep down, he didn't believe he had what it took to make it in this world.

"On the other hand, Roy felt so cheated by what he viewed as Gail's lack of appreciation for him that he wanted to leave the marriage. Neither trusted the other to really be there in the way they had dreamed. Indeed, the tug-of-war between dependence and independence, which runs through every marriage, was fought on a daily basis by these two.

"Since this couple's hostility toward each other was so great, I saw them both separately for several weeks as well as together. Then, a turning point came. Gail, who hadn't used birth control in years and didn't believe she could get pregnant, suffered an ectopic pregnancy. She was rushed to the hospital for emergency surgery. Roy was terrified and realized how much he loved her. When they resumed therapy after Gail's recuperation, Roy still had much to complain about, but he never again spoke about leaving the marriage. I believe he also realized that running away would only perpetuate the series of failed relationships he'd had over the years; it was time to sit down and address his problems.

"One of the first things I said to Gail was, 'Roy needs space, and you need to back off. If Roy wants to see a play or go out with friends, let him.' Gail kept insisting that if he loved her, he would want her by his side. However, in time, she realized that by demanding and nagging she was pushing him farther away. As soon as she stepped back, he felt freer to step forward and say, 'No, I've changed my mind; I'd like you to come with me after all.'

"Gail was also so insecure that as soon as her husband appeared upset about something, she would get so overanxious that she wouldn't be able to hear what he was really saying. When Roy felt frustrated about the lack of grant money for writers, for instance, instead of panicking, I told her she had to let him talk until he calmed down.

"Roy's drinking was a huge issue for Gail, though for months Roy continued to deny that he had a problem. This, plus the fact that after a drinking episode he often became abusive and suffered memory loss, led me to suggest he join Alcoholics Anonymous or some other treatment program. Roy vehemently refused, insisting he could stop by himself if he wanted to.

"However, until the stalemate could be broken, Gail needed help dealing with her husband's drinking. Together we worked out a plan, which Gail implemented one weekend when they were having dinner at a friend's house. Noticing that Roy was starting to drink too much, she told him: 'Either you stop right now or I'm taking the car, going home and leaving you here.' Roy was shocked. As Gail continued to confront him on this issue, his drinking began to taper off so that now he rarely has even a beer after work.

"However, while Roy was able to control his drinking, most people in similar situations need professional counseling or some other form of outside support. Roy, in fact, may well face a trying situation in the future when he feels the need to reach for a drink. That Gail and Roy are aware of this possibility is crucial.

"My long-term goal for this couple was to help them learn to support and nurture each other and work through problems together. To this end, the work that we did in shaping their individual career paths was critical.

"Gail desperately wanted to return to art school, but the idea of being financially dependent on Roy worried her. Roy wanted to be more financially secure and also have time to work on his writing. We talked about different options, and they decided that Roy would find a full-time job while Gail went back to school. Then she'd get a teaching job, and Roy would quit his job and write full-time.

"They've been doing this for over a year now, and to their delight, it has worked splendidly. Roy manages a store that sells fine woodworking tools, and he enjoys it very much. He writes in the evening and on weekends. With the contacts Roy has made at the store, they decided to start their own small business manufacturing specialized tools for hobbyists. I suggested they contact the business school at the university in town. One of the graduate classes has adopted their proposal as a project and has given them a lot of support. They plan to launch a direct-mail campaign in the fall.

"It took a while for them to be comfortable in these new roles, but now Gail is thrilled with the way Roy has assumed most of the responsibility of the new venture, and she realizes she can count on him. Roy has discovered that giving to Gail in this way makes him feel good, too.

"For a long time, Roy continued to blame his inability to see his son on his ex-wife. While she certainly had made it difficult, I wanted Roy to realize that he had to take responsibility for abandoning his son. Once he was able to do that, we discussed ways to get in touch with him. This has proven very difficult. Timmy is now in college, and all attempts to reach him have been rebuffed. While Roy is still trying, I told him he might have to accept the fact that any reunion will take place in his son's time frame, not his.

"Meanwhile, the whole experience has made Roy rethink the possibility of having a child with Gail. He realizes he may have a second chance at parenthood, and they are hoping that Gail will get pregnant again soon.

"As far as household chores are concerned, this couple will probably fight about those things forever. I've spoken to them about choosing their battles—'Is it really worth making a federal case over the dishes?' I asked. Since they've achieved so much closeness in other areas, this now seems less important to Gail.

"Gail and Roy ended treatment after two years. They are both much less defensive, more trusting and nurturing of each other. I'm confident they'll achieve their personal as well as professional goals." ■

"Life with Gail is beginning to seem a lot like life with my ex-wife," said Roy.

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OUT OF DARKNESS

When I lost both my husband and my sight ten years ago, I thought my life had ended. I didn't know then that a new and rewarding one was just beginning. **By Bunny Tabatt**

My typical day probably doesn't differ much from yours. I get dressed, walk my dog, do housework and either walk or take a cab to my job as a physical therapist. In my spare time, I love to read, fish, swim, entertain friends and ride motorcycles.

All perfectly normal—except for the fact that I do all this despite being totally blind. In the nearly ten years since losing my sight, I've had to relearn the daily skills I once took for granted and to start a new life on my own.

Back in 1970, I was first diagnosed with peripheral uveitis, a chronic eye inflammation that can spread to the blood vessels of the retina and damage it if not promptly treated. (No one knows how I contracted it.)

Usually, the condition is mild and can be successfully treated with steroids, although my case required extensive treatment. My doctors told me the uveitis would run its course within a few years, leaving me with some loss of vision. Patients with the condition, they assured me, rarely become totally blind.

The news was frightening, but I didn't have time to feel too sorry for myself; I had a job and three young children to raise. Randy, then ten, Jacki, eight, and Sheryl, five, adjusted readily to my condition and soon learned not to leave anything out of place and to keep drawers and closet doors shut so that I wouldn't bump into them. My husband, Lee, was much more concerned. I think he knew somehow, long before I did, that I might be going permanently blind, but he never confessed his fear to me.

My vision slowly grew worse, and by 1975, I felt as though I were looking at shapes and shadows through murky water. I developed cataracts because of the steroids I was taking, and when they were removed, I had to wear thick, ugly glasses. Even so, I stubbornly refused to believe that my fading sight could change my normal lifestyle.

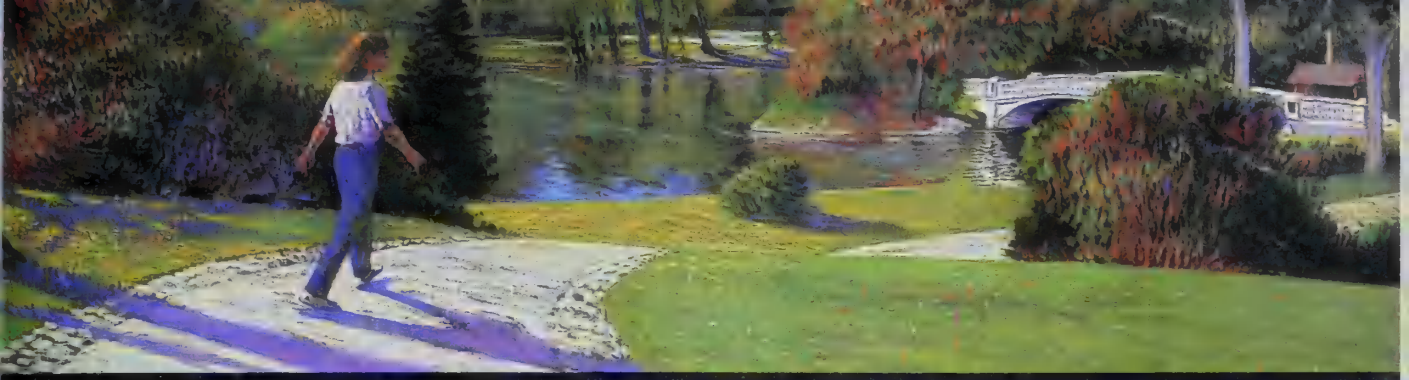
But it did. I lost my job as a high school secretary in Little Falls, Minnesota, because I could no longer see the work I had to do. I was stunned at having my work snatched away because of something I couldn't control.

The most bitter blow of all, however, was losing my driver's license that same year, after my doctor informed the state of my limited vision. For me, cars and independence were closely linked. I had grown up around the cars in my father's junkyard, and my brothers and I loved tinkering with the engines. I had even raced my own stock car; I competed directly with the guys—and often won!

I had actually stopped driving a year earlier—I had come close to having an accident and knew it was time to quit—but the official revocation was painful. I now reluctantly began to realize that my sight would never improve, though I still believed that I might retain some perception of light.

But in July 1978, when I was thirty-eight, the truth finally hit home. My husband was going over a hospital bill for a minor eye treatment I'd had. He paused, then read aloud the diagnosis: "Progressive blindness." His words shattered my illusion of hope; their finality filled me with terror. I was so frightened that I never discussed it with anyone—not even Lee. Neither of us wanted to believe it.

In 1980, Lee started feeling ill himself. He was *(continued)*



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often tired, but we attributed it to all the traveling he did as a salesman for a food wholesaler. He finally went to the hospital for a physical, but he never returned: Lee died suddenly the next day of a massive heart attack at the age of thirty-nine.

The shock was devastating. I was almost completely blind by this time, and I felt totally lost and helpless. The tears seemed to go on forever; I would take five or six baths a day, because that was the only place I could cry without anyone seeing me. Financially, I was fine—my Social Security checks covered my expenses—but I was still dependent on friends and family to drive me places and help me shop.

Although I pushed my children to get on with their lives, I couldn't follow that advice myself. I had no idea what I was going to do—nor did my family. Some people even asked my parents what nursing home I would be sent to. I was only forty, and these people were talking about putting me away! But that just gave me the will to go on and prove that I could lead a normal life despite my sight loss.

There were no schools for the blind in Little Falls, but Ralston DuBois, a state rehabilitation counselor, finally convinced me to go to the Lighthouse for the Blind, in Duluth, one hundred fifty miles away, and learn the skills I would need to live on my own.

During my six months there, I was taught to use public transportation, handle money, write letters and label objects for identification. But the two most important accomplishments for me were learning to read Braille and to walk with a cane.

Braille was the most exhilarating experience, because I had such an intense hunger to return to books. The cane was important for a different reason: It identified me as being blind. For the first time, I felt the sting of pity as I heard whispers of "Look at that poor blind lady." People thought that because I couldn't see, I was deaf, too. I hated that white cane, but I depended on it to get around.

After I returned home, I decided I didn't want to spend the rest of my life sitting around the house—I wanted to work. For that, I needed to continue my education, so I began taking general college courses at nearby Brainerd Community College. I used a recorder to tape my lectures, and then I either listened to recordings of my texts or had a volunteer read them to me.

By 1982, I was completely blind. After twelve years, the finality brou strange sort of relief. Now that I in school, I decided a guide dog w be more helpful and less awkwa my classes than a cane. The loca ons Club, to which Lee had belo sent me to the Leader Dog Progra Rochester, Michigan. There I me new partner, Buff, a beautiful, g golden retriever. From the day we we were the best of friends.

I thought leader-dog school wou a vacation, but it was hard work nearly a month Buff and I struggl become a team. Trying to maste voice commands, inflections an multaneous arm movements was learning to drive a stick shift. I s bled on curbs and lost my direc Buff sometimes grew tired and re to budge. At the end of every frustrated, I would burst into tea

It was a year before we worked pletely in sync—and even now, and I occasionally lose our way i not paying attention. But I don't the pitying whispers that I onc when I had my cane. Instead, ever wants to admire my dog.

In 1985, DuBois suggested th study for an associate degree in p cal therapy at the College of St. C erine/St. Mary's Campus, in St. which has excellent facilities for

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ents. The rehabilitation center d pay my tuition.

was scared to death as Buff and I ed off to college. At forty-seven, I he oldest student on campus, and sn't sure whether I would be ac-d. But I needn't have worried. I d as a surrogate mom for the stu-s on my dormitory floor, and we aughed and cried and studied to-er like old friends.

Catherine was indeed well oped for the blind. A staff member ited us with the bus schedules, us maps and diagrams in Braille, scheduled clinical training proj-at hospitals and nursing homes. e school provided a tutor who sat y classes, took notes and recorded for me; my exams were recorded I typed my answers. Even so, I ied about keeping up. Every test ed like a trial, and I would won-why I was putting myself through terrible ordeal—until I got my es and saw how well I had done. I aged to keep a B average through-ny two-year stay.

y anatomy class was the most ex-g because it was literally "hands We all worked with Braille-coded ic models of organs and muscles, oth sighted and visually impaired ents studied in the same way. Because of my blindness, I think I could "see" anatomy more clearly with my hands than sighted students could.

Graduation was a glorious family celebration. As my classmates gave me a standing ovation, Buff and I proudly marched across the stage to claim my diploma. Buff even had his own cap and gown (a small cape) that one of my classmates had made for the occasion. I felt so proud!

My current job was waiting for me right after graduation. I'm an assistant physical therapist at St. Camillus Place, in Little Falls, a group home for fourteen severely retarded adults, some of whom also have physical disabilities. The work is challenging, since many of the residents are nonverbal, but together we've worked out a system of sounds and touches to communicate with each other.

I help the patients do exercises to build their strength and endurance, and keep their records on a computer that reads out information by voice. To maintain my other therapy skills, I also work a couple of times a month at the physical therapy department of St. Gabriel's Hospital, also in Little Falls. The patients there don't seem uncomfortable working with a blind therapist; in fact, they often seem to want to work harder to help *me*.

Despite all the difficulties of the past two decades, I feel blessed, and my strong faith in God has played a large part in where I am today. I still have my family around me; all three of my children are married and have kids of their own. My blindness has given me more that's good than bad, opening new doors and offering me new challenges to meet. For instance, I'm planning to go back to school this year for my bachelor's degree in both physical and occupational therapy.

Blindness hasn't limited my activities much. I don't need to see to fish, although I can't cast the line or put a worm on the hook. (Then again, I never put the bait on *before* I lost my sight, either!) Swimming is somewhat harder for me, because I often lose my sense of direction. I'd like to take up waterskiing again, but I haven't had the guts to try yet. And my dream is to compete someday in a four-wheel-drive truck pull [a competition in which trucks drag heavy weights as far as they can]. I know I could do it; it's nothing more than a straight drive.

Certainly, I've had to adapt. I still do my own housekeeping, but the kids come over and help with the cobwebs. I label my clothing with Braille tags so I know which outfit is which, and I rely on my daughters' *(continued)*

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A WOMAN TODAY

continued

judgment when buying new clothes.

When I cook, I sometimes use recorded recipes or ones in Braille, and I've coded my microwave and oven at the most common settings. I memorize the location of food in the cabinets and refrigerator, and I identify spices by tasting or sniffing. I don't bother to use Braille freezer labels, so occasionally I'll be surprised by the end results; I once tried to cook a chicken I had frozen, only to learn that I had been boiling a bag of ice cubes!

Since becoming blind, I've learned to cultivate my other senses. We tend to rely on sight so much that we ignore our other gifts. For instance, I use my sense of smell not only for cooking but also for location—if I pass a certain bakery, I know which street I'm on.

Of course, there are times when I'm angry or sad that I can't see. I'll always regret not being able to drive, and I don't like not being entirely independent. I regret that I will never know exactly what my eight grandchildren look like, despite the helpful descriptions I've been given.

Blindness is also very isolating. It's difficult to interact with others when I can't see their facial and body expressions. I'm not always sure if someone is still there when I'm talking or if they're paying attention. So I keep fairly quiet at social gatherings for fear of looking foolish, and I don't like to eat out very often.

I'll have steadier company soon, however. I'm engaged to be married, possibly next Christmas. My fiancé, Gary, and I went to high school together; we kept in touch and began dating a few years ago. He's never had a problem with my blindness—in fact, sometimes he forgets that I can't see!

Together, we've traveled cross-country on Gary's Gold Wing Honda. It's wonderful to be on the road again, though I sometimes suffer motion sickness because my balance is affected by my blindness. Gary bought a sidecar for the bike so Buff can ride with us.

Last January, I faced yet another crisis. During a routine annual exam, my doctor discovered a polyp on my colon that turned out to be cancerous. I was lucky—it was small and hadn't spread, and no additional treatment beyond surgery was needed. (Buff, always my guardian, stayed by my side in the hospital room.)

The experience was frightening, but it made my priorities very clear, serving as a warning not to take life for granted. I'm determined not to.

My grandchildren sometimes ask me why my eyes are broken. I tell them my eyes only *seem* that way. I can see more clearly than ever before. ■

THE FACTS OF BLINDNES

According to the National Eye Inst Bethesda, Maryland, 890,000 Ameri legally blind—that is, they have eith than 20/200 vision with correction or vision no greater than 20°. Of this g percent are totally blind (having no p of light). Most blindness stems from c that are aggravated by aging.

The most common cause of legal bli glaucoma, followed by macular dege and cataracts. (Uveitis, the disease that Bunny Tabatt's sight, strikes about an hundred people and causes 10 perce cases of legal blindness. But it rarely p to total blindness.)

Some eye diseases, such as glauc progress without symptoms until im damage has occurred. Yet experts say l is preventable in nearly half of all problems are detected and treate enough. Yearly eye exams are your fense against unnecessary sight loss.

During the past decade, eye surg formed with lasers and microscopic instruments has revolutionized the against blindness. Lasers are used to t complications of diabetes, glaucoma, disorders and other ailments, giving a and safety once unavailable in other tec And in the not-too-distant future, surg be using the new optical laser, which c on an area as small as a single ce compensating for the patient's heartb other involuntary motions, making geon's work even more accurate.

Conventional procedures have also long way. Cataracts can now be rem using phacoemulsification, a techniq requires only one or two stitches. The mologist makes a small incision in through which instruments are inserted up and vacuum out the cataract. The p reduces discomfort and recovery time. those whose eyes are too damaged fo tive measures, some fifteen thousand t thousand corneal transplants are pe yearly, making them the most succe all tissue transplants.

For more information on eye health, prevention and rehabilitation as well local or state resources, contact: The house, 111 East 59th Street, New Y 10022; 800-334-5497 (in New York Ci 355-2200), or the National Center for Si National Society to Prevent Blindness, Remington Road, Schaumburg, IL 6017 221-3004. —ANN

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Our Dove/LHJ Classic Model Discovery winners, a super new contest you'll want to enter, and a hosiery update to keep your legs looking great

BEAUTY & FASHION JOURNAL

Here they are . . . the six 1990 winners of the Dove/LHJ Classic Model Discovery Contest. Our contest, open to women thirty and over who want to be models, was a huge success. (The next contest will be announced in the May 1991 issue of LHJ.) The 1990 grand prize was awarded to Juanita Howard Wyndham. She received $25,000, a one-year modeling contract with Elite and a $5,000 Anne Klein wardrobe. Juanita and the five runners-up share their skin-care secrets.

DOVE/LHJ CLASSIC MODEL DISCOVERY CONTEST

WINNING BEAUTIES

JUANITA HOWARD WYNDHAM
PORTLAND, OREGON

This thirty-five-year-old recently moved from L.A., where she was a police officer, and it's always been her dream to be a model. Juanita figured she had a shot—but never dreamed she'd win our contest! Juanita keeps active with her husband and two young sons and cross-trains with aerobics and weights. Her skin-care routine? She cleanses with Dove Beauty Bar and keeps her complexion glowing by staying healthy—three meals a day, lots of vegetables. How did the family react to the news? "My husband hasn't been this elated since our children were born!" says Juanita.

Earrings and pearl bracelet, Gerard Yosca; gold-link bracelet, Karl Lagerfeld Bijoux. Photographer, Bico Stupakoff; makeup, Rex; hair, Ric Pipino for Pipino-Buccheri; all clothes, Anne Klein. ▶

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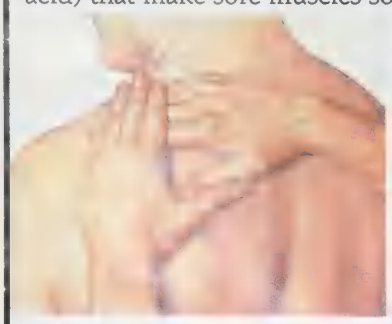

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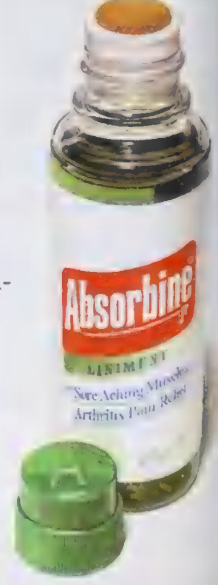

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BEAUTY & FASHION JOURNAL

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LESLIE MOURNING
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Leslie, a fifty-two-year-old mother of eight, never really thought about being a model until two of her daughters convinced her to give it a try. She takes impeccable care of her skin and never goes to bed without removing all traces of makeup. We're not the least bit surprised that Leslie's a winner. Earrings and pin, Karl Lagerfeld

● **Thirty-four-year-old Jacqueline, a registered nurse, knows what it takes to keep her skin looking great: a mild cleanser and toner every day, and a facial once a week. Jacqueline's careful skin-care regimen doesn't stop with her face—she treats her hands with moisturizer daily, too.** Earrings, Gerard Yosca

● Things have been going great for Valerie, thirty-three. She married the boy next door four years ago, and they have a terrific twenty-two-month-old son. Being selected first runner-up was the icing on the cake. Her best beauty tip? "Get as much sleep as you can." Earrings, Gerard Yosca; bracelet, Karl Lagerfeld Bijoux

● **It's been one wonderful surprise after another lately for Kellee, a thirty-one-year-old mother of three. She gave birth to her third child just four weeks before she found out she was a finalist. When her husband heard the good news, he found Kellee a personal trainer for four weeks of post-baby shape-up.** Earrings, Karl Lagerfeld Bijoux

● Born and raised in Los Angeles, Irena, a thirty-two-year-old child-development counselor loves the healthy California lifestyle. Since moving to Mississippi last year, she's kept up with all her good habits. Irena says she's always been comfortable in front of a camera, and her picture-perfect smile proves it! Bracelet, Anne Klein; pearls, Agatha

In order to smoke in 1912, the good Victorian wives of Websville, New York had to go over their husbands' heads.

VIRGINIA SLIMS

YOU'VE COME A LONG WAY, BABY.

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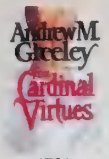

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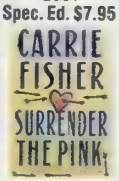

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LHJ 3/91

The panel, from left: Nicholas J. Lowe, M.D., UCLA School of Medicine; James J. Leyden, M.D., Center for Human Appearance at the University of Pennsylvania; Myrna Blyth, LHJ's Editor-in-Chief; Joseph P. Bark, M.D., St. Joseph's Hospital, Lexington, KY; Diana Bihova, M.D., New York University Medical Center; Lois Joy Johnson, LHJ's Beauty and Fashion Director

THE DOCTORS' GUIDE TO GREAT SKIN

WE INVITED FOUR OF THE NATION'S TOP DERMATOLOGISTS TO SHARE THEIR BEST BEAUTY SECRETS AT A SPECIAL SYMPOSIUM, AND WHAT THEY HAD TO SAY WAS FASCINATING. HERE, THEIR ANSWERS TO YOUR MOST-ASKED QUESTIONS—PLUS A FEW SURPRISES

Let's talk about wrinkles. We've been hearing so much about Retin-A. Does it really work? How does it work and can anyone use it?

BARK: Retin-A is a powerful drug that you must get from a dermatologist, and some people with sensitive skin can't tolerate it at all. But it certainly does reverse some of the aspects of sun damage—fine wrinkles and brown spots. Retin-A stimulates the production of the outer layer of cells, causing it to thicken and slough off, smoothing minor lines and erasing spots. As the maturing cells move outward they cause new or increased blood-vessel formation, which is probably what gives a rosy complexion. Retin-A also appears to stimulate new collagen and certain fibers under the top layer of skin, anchoring it more firmly to the layers below. It also reverses precancerous changes in the skin that many people get with enough time and sun exposure.

LOWE: I don't give it to everybody. If a person's skin isn't sun-damaged, the best approach is to use a sunscreen every day.

What causes wrinkles—besides your children? Does the way you sleep make you wrinkle?

BARK: Aside from sun damage, most wrinkles are caused by repeated scrunching of the skin. For example, worrying with your forehead makes you wrinkle. "Parentheses" around the mouth are common, too, but they're caused by smiling, and we don't want you to stop that. However, there are creases that form horizontally on the cheekbones that can't be formed by facial muscular movements, so perhaps they're caused by a too-hard pillow. I recommend that people sleep on the softest down pillow possible.

We've seen photos of people who have had chemical peels, and frankly, they are horrifying. What's the point?

LEYDEN: There is no other way to reduce some wrinkles than to wound the skin with chemicals and let it heal. It's not a painless procedure, but there are dressings to minimize the discomfort. There are basically two kinds of peels. Superficial peels, used for fine wrinkling and brown spots, are achieved with a low concentration of trichloroacetic acid or glycolic acid. The deeper peels are done with a harsher chemical, phenol, or a higher concentration of the other acids, usually by a plastic surgeon. These peels are for people who have deep fissures or very extensive vertical lines above and under the lip and around the corners of the mouth. They are serious procedures that must be considered very carefully.

IN CERTAIN SITUATIONS, COLLAGEN IS BETTER FOR WRINKLES THAN RETIN-A. IT'S A TEMPORARY TREATMENT, AND THAT'S ONE OF ITS SAFETY BENEFITS. —DR. LOWE

What about collagen injections? Do doctors feel they're safe?

LOWE: If used appropriately and carefully, collagen is very effective. In fact, in some situations collagen is better than Retin-A for wrinkles. *(continued)*

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(continued) And some people might prefer it because they don't have to apply it every day. There are two types of collagen: Zyderm for fine wrinkles, and Zyplast for deeper furrows. There's going to be a new one, and I think it will be thinner than Zyderm and used primarily for crow's-feet. It's most important that a person be tested to make sure she's not allergic to collagen. There should be two test injections, spaced four or five weeks apart. Collagen is a temporary treatment—it usually lasts about six months—and that's one of its safety benefits. It's eventually absorbed into the deepest layers of the skin, and any "mistakes"—prominent beads or lumps—will fade away.

What's the secret to great skin? Can drinking eight glasses of water a day really make a difference? Does it have to do with your diet? What about moisturizers and astringents?

BARK: Let's say this once and for all—drinking eight glasses of water does nothing for your skin. And bingeing on chocolate or greasy food won't make you break out. It takes two to three weeks for a pimple to form, so it can't be caused by the food you ate yesterday. If you're prone to breakouts, a dermatologist can help. Otherwise, this basic skin-care routine is best: Use a mild, super-fatted soap like Dove or Basis. You may want to use Retin-A. You need a good sunscreen, and you may need a moisturizer. Keeping it simple does a great job.

LEYDEN: Moisturizers are optional unless you use Retin-A. Moisturizers do help makeup go on more evenly, and if your skin is rough and dry-looking, a moisturizer will make it look and feel better. But they don't have any effect on your underlying skin. The one good thing about moisturizers is that many of them now incorporate sunscreens. Toners and astringents may do more harm than good because they can be irritating. But for people who live in hot, humid climates, toners, astringents and fresheners can be useful for removing oil and sweat from the skin's surface.

What can we do about cellulite? Can it be removed?

LEYDEN: Keeping your weight down does help to minimize cellulite, but often that's not enough, because women are programmed to deposit fat in certain areas. Exercise and maintaining muscle tone of the legs can make a difference; massage can make a difference. Many of the cellulite creams that are sold involve regimens that include massage. When they're combined with exercise and weight-loss programs, you can improve the appearance of cellulite, but there's no way to get rid of it totally.

There's a lot of confusion about sunscreens. Is SPF 15 adequate? Do you have to apply it every day?

LEYDEN: Most people shun sunscreens because they want to be tan. But the trade-off is early aging and maybe cancer. You can be out on the beach with an SPF 15 sunscreen and not get red and still have significant cellular damage. If we could get people to use sunscreens, we could delay photo aging twenty years or more.

LOWE: For daily use on the face, SPF 15 is enough, but it must be broad-spectrum, blocking UVA radiation, not just UVB. Fortunately, most sunscreens have been updated to absorb both.

BARK: But if you're going to be exposed to the sun for a long period of time during the day, you need more protection. I recommend up to SPF 50 because a lot of people don't take into account what really happens to sunscreens—they rub off and sweat off. Dark-skinned people must use sunscreen, too. African-Americans and Mediterraneans will get sun damage despite the presence of melanin [dark pigment] in their skin. Melanin is not a foolproof sunscreen.

How do you get rid of varicose veins? Is zapping them a safe, permanent solution?

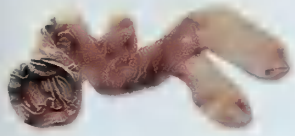
BARK: Varicose veins are primarily hereditary, but they can also be caused by hormone changes, standing on your feet a lot and childbearing. Women with multiple smaller veins, such as spider veins, will respond quite well to injections of ethoxysclerol, which narrows the vein. The procedure is virtually painless. You may get other veins popping up later, but the successfully treated veins won't return. Anybody with large varicose veins may need to see a vascular surgeon.

ONCE AND FOR ALL—DRINKING EIGHT GLASSES OF WATER A DAY DOES NOTHING FOR YOUR SKIN. AND BINGEING ON CHOCOLATE WON'T MAKE YOU BREAK OUT. —DR. BARK

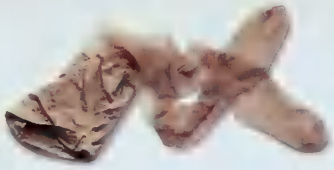
LOWE: Little red veins on the face—dilated blood vessels, red noses—however, are best treated with special lasers. Some of the newer, more refined ones have been developed just for the purpose of treating dilated blood vessels on the face and port-wine birthmarks.

One of the epidemics of the nineties is skin cancer. Is it because the population is getting older? Is it the ozone layer?

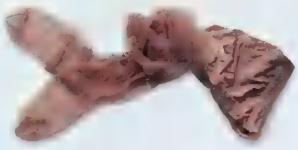
LOWE: The environment has nothing to do with the current epidemic. Skin cancer has a long latency period—anywhere from fifteen to thirty years from the time of the sun *(continued)*



Monday: Tangled with a chair



Tuesday: Pulled on a file drawer



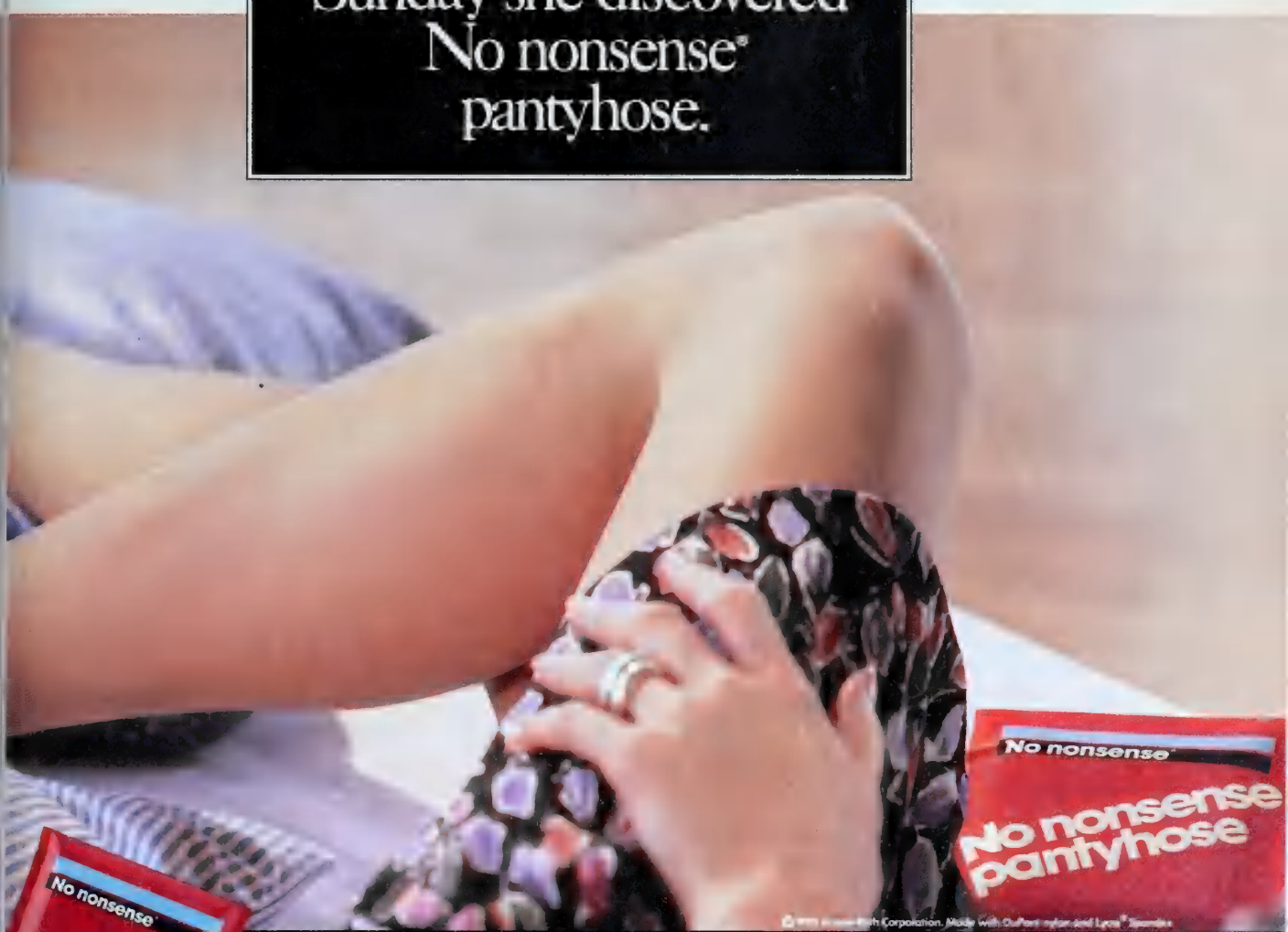
Wednesday: Caught on a zipper

hursday: Struggled with the car door

Friday: Grabbed by a toddler

Saturday: Brushed by a grocery cart

And on Sunday she discovered No nonsense® pantyhose.



No nonsense. The pantyhose that last.

(continued) damage. So all those forty- and fifty-year-olds who sunbaked when they were teens are developing skin cancer now. Sunscreens weren't widely available fifteen or thirty years ago, and there was no public education. But today there's a wealth of information and protection, so no one needs to be afflicted with serious skin cancer. Staying out of the sun

makes sense—so does getting your skin checked head to toe every year by a dermatologist.

BARK: Anyone can get her skin checked for free once a year at a skin-cancer clinic. May is Skin Cancer Prevention Month—free cancer screenings are offered all over the country. For more information, call 800-4-CANCER during the month of May.

BIHOVA: Women must know the factors that may indicate a predisposition to melanoma. An important one is a history of blistering sunburns in childhood and adolescence. Another one is an abundance of freckles on the upper back. It's been shown that melanoma usually appears in women on the legs. So women with multiple moles on the legs tend to be at high risk.

Is hair loss in women becoming an increasing problem? How do you treat it?

BIHOVA: Hair loss in women has always been a major problem. Twenty-five percent of women have some hair loss by the age of forty. By the age of fifty the number goes up to fifty percent.

LOWE: There are so many causes: Stress, pregnancy, the Pill—these are temporary. Sometimes an underlying disorder is at fault. Women suspect it's their shampoo or their hairdresser. Those things have nothing to do with the hair loss. Styling can affect the texture of hair and make hair break, but it doesn't thin the hair. In most cases, hair just gets thinner as women get older, as men's does. The hair loss tends to pick up speed as women begin menopause and produce less estrogen. It can be activated or influenced heavily by your male hormones, which is why as women produce less estrogen this becomes more and more apparent. For these cases, many doctors are recommending topical Minoxodil, which works well in some patients. It stimulates a return to denser hair or reduces the hair loss. I prescribe Minoxodil and see how it works. If the response is slow, I will prescribe topical Retin-A to be used in conjunction with Minoxodil. It actually enhances the delivery of the Minoxodil to the hair follicle.

What causes acne in women over thirty? Is it stress? Is it using products incorrectly? Or is it a combination?

LEYDEN: There are more patients over thirty with acne than ever, and I think it's a result of a complex mixture of factors. Some had minor acne as teenagers, but many never had it. Acne is partly due to the production of male hormones, which stimulate the sebaceous glands. Situations that trigger male-hormone production can exacerbate the condition. Stress is one of them. External friction plays a role—like talking on the telephone all day, rubbing your chin. Then, as people see themselves break out, they respond by thinking they're not keeping that area clean enough, not getting all their makeup off. So they cleanse their face especially thoroughly, which becomes another source of friction and makes the matter worse.

BIHOVA: Acne can also be aggravated by your makeup. Women who have one or two pimples try to camouflage them by applying a very heavy makeup, and instead of two pimples they end up with twenty. Look for products labeled noncomedogenic—which means they won't block your pores.

LEYDEN: When a patient comes in I ask about her skin-care regimen, stress, her periods, the Pill. The treatment is the same as for teenage acne: Some patients require topical antibiotics or Retin-A, others need oral antibiotics. Those with severe acne may need a strong drug like Accutane. But be reassured: All cases of acne can be vastly improved by a dermatologist.

NOT USING SUNSCREEN MAY LEAD TO PREMATURE AGING AND SKIN CANCER. SPF 15 IS NOT ENOUGH—YOU MAY NOT GET RED, BUT YOU WILL HAVE SIGNIFICANT CELLULAR DAMAGE. —DR. LEYDEN

There have been many major breakthroughs in dermatology during the last decade—Retin-A, Accutane. What's in store for the future?

LOWE: There will be newer, less irritating varieties of Retin-A, but the big question is whether they'll be as effective. There are some topical agents that are being developed for conditions like the mask of pregnancy [discoloration caused by hormonal changes] and pigmented spots. I think we'll have better agents to treat those than we have at the moment.

LEYDEN: We'll have sunscreens that stay on better and don't sting the eyes. We've come out of the dark ages of thirty years ago when many treatments were mumbo-jumbo. Now there's a real body of science for nearly every skin problem.

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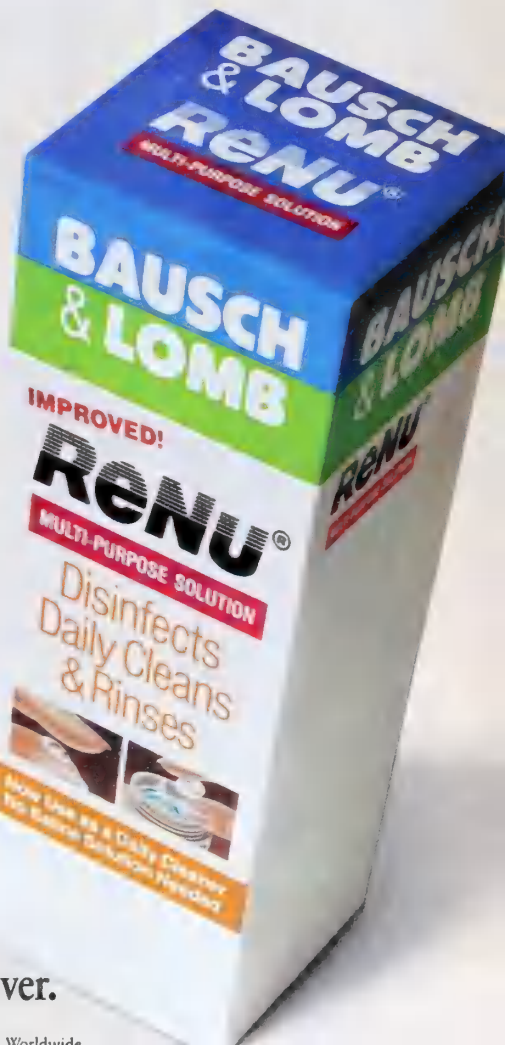

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So you always
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SOMETIMES YOU NEED A LITTLE FINESSE SOMETIMES YOU NEED A

IT'S A KICK!

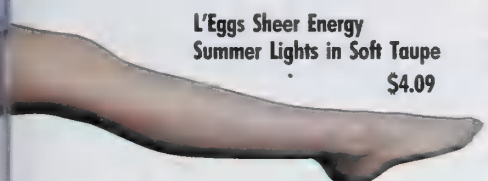
THE RIGHT HOSIERY IS A FASHION MUST THESE DAYS, AND WITH ALL THE FABULOUS STYLES AND SHADES NOW AVAILABLE, YOU'RE SURE TO FIND A PAIR TO COORDINATE WITH EVERYTHING IN YOUR CLOSET. STILL, STOCKING UP CAN GET EXPENSIVE. BELOW, TIPS ON GETTING YOUR MONEY'S WORTH

Calvin Klein fishnet control-top in Natural $8

Nonsense regular pantyhose in Brown $1.99

Christian Dior shiny opaque in Marigold $7

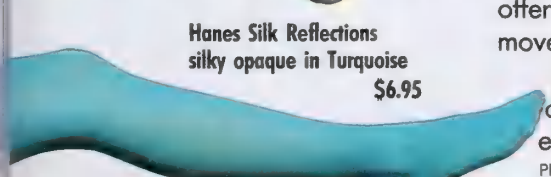
DKNY ribbed tights in Sage $14



L'Eggs Sheer Energy Summer Lights in Soft Taupe $4.09

ristian Dior shiny opaque in Dior Purple $7

Perry Ellis semi-opaque matte in Sandstone Pale $5.50



Hanes Silk Reflections silky opaque in Turquoise $6.95

The trendiest hosiery styles today are opaques. Not only are they perfect with the new shorter skirts and great for weekends, but they're also virtually impossible to snag and run because of their heavy weight. According to Sara Maness, manager of consumer sales and service at Kayser-Roth (makers of Burlington, Calvin Klein, Sheer Indulgence and No Nonsense brands), "The wear-life of opaques is longer than any other type of hose."

● Another durability boon is Lycra. Most hosiery today is made with Lycra because it extends the life and provides the best fit. Lycra-boosted hose fit so closely to your legs that the possibility of sags and snags is greatly decreased. According to Frank Oswald, communications manager for Dupont, "Ultrasheers with Lycra are best because they offer more freedom of movement, better run-resistance, more durability and added softness."

● Finding the right size can be tricky. Although the charts on the hosiery packets are helpful, they aren't always completely reliable. Try the size the chart recommends—if it doesn't fit, you may want to sample another brand.

● Since most runs start in the toes, hose with a reinforced toe is a good idea. If you have long nails or wear a lot of jewelry that you don't want to take off every time you put on a pair of hose, invest in a pair of white cotton gloves to slip on before pulling on your hose.

● Washing hosiery properly can make it last and last. It's best to hand-wash hose: We recommend any type of mild facial bar or liquid soap. If you'd rather save time and toss hose in the machine, place in a mesh lingerie bag or a zip-up pillowcase to protect them and wash on the gentle cycle. Line-dry.

● It's best to store hose in their own space to prevent snags. Place them in a box in your closet or in plastic bags in your lingerie drawer. ▶

Photos left, Steve Decanio; photo above, Nesti Mendoza; leg model, Lauren Helm, Ford; model above, Lara Harris.

BEAUTY & FASHION JOURNAL

DO YOU LOOK LIKE SOMEONE FAMOUS?

THE LADIES' HOME JOURNAL CELEBRITY LOOK-ALIKE CONTEST

How many times has someone stopped you on the street or at a party and said, "You know, you look just like Madonna... or Oprah... or Candice Bergen... or Barbara Bush"? Happens all the time to some women. Well, if you're one of them and think you truly look like a celebrity, have we got a contest for you. All you need to do to enter is send a brief essay (fifty words or less) explaining what it is about you that resembles this famous person (the celebrity must be living) and what qualities you admire in her. You must also send two recent color photos of yourself-one head shot and one full-length shot. The winners will be flown to NYC for an LHJ photo shoot, where a Revlon makeup artist and a top hairstylist will create unforgettable star looks for them, and then whisked to Chicago to appear on *The Oprah Winfrey Show*. Send your entry by March 31, 1991. Who knows? Maybe you'll become as famous as your celeb twin!

THE LADIES' HOME JOURNAL CELEBRITY LOOK-ALIKE CONTEST

Name _____

Address _____

City _____ State _____ Zip code _____

Phone _____

Your celebrity look-alike _____

Date of birth _____

Height _____ Weight _____

Hair color _____ Eye color _____

Signature _____

Enclose two current color photographs (no more than sixty days old), one full-length, one head-and-shoulders only, and an essay (fifty words or less) explaining what it is about you that resembles this person and what qualities you admire in her.

Fill out this form according to the official rules on page 217. Send entry to: Ladies' Home Journal Celebrity Look-Alike Contest, 100 Park Avenue, Third Floor, New York, NY 10017. All entries must be received by March 31, 1991.

Doll stand provided at no extra charge.

She's a pretty little miss, very loyal to her Queen, and her name is...

Victoria Anne

An enchanting hand-painted porcelain collector doll authentically costumed for a stylish seaside promenade.

Victoria Anne is a golden-haired child from a bygone age. Dressed in her Sunday finest, she's eager to promenade along the boardwalk and piers at Brighton, Victorian England's most fashionable seaside resort. In her daintily tucked ivory frock and matching lace-trimmed bonnet, she is ready to see and be seen by the most elegant members of society—even, perhaps, the revered Queen for whom she was named.

You'll be charmed by Victoria Anne's deep blue eyes, long honey-blond curls and beautiful English complexion. You'll be pleased as well with the authentic detail of her costume—the delicate edging on her starched white petticoat and pantalets... the tiny covered buttons on her strapped pumps. And you'll appreciate the care with which her hands, legs and head have been sculpted of bisque porcelain and meticulously painted by hand—just like the finest antique dolls.

In fact, at the favorable price of only $58.50, Victoria Anne offers quality, detailing and craftsmanship rarely found in collector dolls priced considerably higher. This lovely handmade, hand-dressed imported doll is available in the U.S. exclusively from Princeton Gallery—and only by direct order. Not available in any store. Send no money now, but do order by March 31, 1991.

The Princeton Gallery no-risk one-year guarantee assures your complete satisfaction.

MAIL TO: Princeton Gallery, Studio 344
301 North Harrison Street
Princeton, New Jersey 08540

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Kent: 12 mg. "tar", .9 mg. nicotine; Kent Golden Lights: 8 mg. "tar", .7 mg. nicotine; Kent III: 3 mg. "tar", .3 mg. nicotine av. per cigarette by FTC Method

UP FRONT

LHJ'S FOLLOW-UP ON CURRENT NEWS, VIEWS AND WHO'S WHOS

BRADY'S BATTLE

Ten years ago a bullet from a $29 handgun blew Sarah and James Brady's lives apart.

On March 30, 1981, John Hinckley shot Jim—then the White House press secretary—while trying to assassinate Ronald Reagan. During surgery to remove the bullet embedded in his brain, Jim lost about 20 percent of his frontal brain tissue; today, he remains partly paralyzed, wheelchair-bound and in pain, and suffers from residual speech and memory problems.

Four years later, the Bradys' young son found a gun in a family friend's truck and pointed it at his mother. She managed to confiscate the gun, but the incident galvanized her into action. Today, she's one of the country's most outspoken advocates of gun control.

Because Sarah's father, an FBI agent, carried a gun, she may seem a somewhat unlikely foe of firearms. But as the chairperson of Handgun Control, Inc., a lobbying group in Washington, D.C., with nearly a quarter million members (a number that has doubled since she became involved), this forty-nine-year-old mother of one son has proven herself more than equal to the task before her.

GUN-CONTROL ADVOCATE SARAH BRADY KNOWS HOW DEADLY GUNS CAN BE: HER HUSBAND, JIM, WAS SEVERELY WOUNDED IN THE 1981 ATTEMPT TO KILL RONALD REAGAN

Brady faces an awesome adversary—the 2.8 million–member National Rifle Association (NRA), a group that wields matchless influence on Capitol Hill and is known for punishing politicians who oppose it. "When I decided to take on the gun lobby, a lot of people—especially men—said, 'You're crazy. That's impossible,' " Brady says. "But I didn't allow that to stop me. No way. I think that my being a woman is a plus. Women are more able to stick to a task until it is completed. And when something angers them, when they see an injustice, they are more anxious to stay with it and beat it."

Brady's persistence—plus a steady stream of public appearances and speeches, often with her husband—has helped to produce impressive progress, especially at the state level. *(continued)*

DRIVE A HARD BARGAIN

We know it's not true what they say about women drivers, but women car buyers do need to wise up. They often fail to negotiate the price of a car—and pay more than men.

That's according to a recent study by the American Bar Foundation, which sent shoppers to dealers in the Chicago area. They found discrepancies of race and sex: White men got the best deals; black women often got the worst.

Yet experts say that with the right technique, anyone can get a good deal.

- **Read *Consumer Reports* and *Edmund's New Car Prices* (a book) to find out how much dealers pay for each model. You may be able to bargain them down to just $300 to $500 over that price.**
- **Look for financing sales, which offer rebates or reductions on interest rates.**
- **Shop at the end of the year, when dealers tend to offer the lowest prices on current models.**
- **Sometimes you can get a car for even less than what the dealer paid. After visiting showrooms, call the salespeople you spoke to and offer them about $500 *below* dealer cost. If that's refused, say you're going to call other dealers. Should they refuse you, call back and offer $100 more. Continue this process until a dealer accepts your offer.**

—KAREN SPRINGEN

(continued) California, Virginia, Maryland, Oregon, Delaware, New Jersey, Connecticut, Iowa and Rhode Island have passed some form of gun-control legislation in the past two years; nearly half of all states now have restrictions on gun sales.

At the federal level, however, progress has been slower. A bill to ban assault weapons passed in the Senate last June, but was never voted on in the House. Last fall, Brady's major legislative effort, the so-called Brady Bill, to require a seven-day waiting period for gun purchases, was never scheduled for a vote. It was reintroduced this past January 3—the first day of the 102nd Congress.

Brady—who gave up a teaching career in the sixties to work for two Republican congressmen and the Republican National Committee—has more hope for this session, now that she's winning over more individual legislators. "Congress has traditionally buckled to the gun lobby," she says, "but I think the tide is turning. The NRA has cooked its own goose by becoming more extreme and unyielding." And this spring, her cause will receive even more attention when HBO televises a movie about her husband's ordeal.

"I love my work," Brady says. "It's so rewarding for me to know that people are listening to what Jim and I have to say about gun control."

—MARY HUZINEC

MAKEOVERS THAT REALLY MATTER

For many women with cancer, one of the most devastating side effects can be the dramatic change in appearance caused by radiation or chemotherapy. Those treatments often lead to significant changes in weight; loss of hair; and alterations in skin tone and texture.

But thanks to "Look Good . . . Feel Better," an innovative program that this month marks its second anniversary, women can learn from beauty experts how to apply makeup and use hairpieces to improve their appearance and boost their morale.

BEFORE AND AFTER: ELEANOR STONE (BELOW) AND RANDA EL KORDY (RIGHT)

Medical experts explain that a patient's looks may have more than skin-deep importance. Says Jimmie Holland, M.D., chief of psychiatric services at New York's Memorial Sloan-Kettering Cancer Center, "The loss of a familiar self-image can be emotionally traumatic to a woman who is undergoing treatment for cancer. Many women suffer severe depression, sometimes dropping completely out of society."

The "Look Good" program is sponsored by the American Cancer Society (ACS), the National Cosmetology Association and the Cosmetic, Toiletry and Fragrance Association Foundation; sponsors hope to reach more than twenty thousand patients a year through free group sessions at hospitals, ACS offices and community facilities.

For Susan Fischer, a financial services executive in Manhattan, the program meant a quicker return to ordinary life.

Fischer, forty-three, a breast-cancer patient who had a lumpectomy followed by radiation, joined the program after her treatment led to fatigue. "You spend an hour and a half or two hours laughing and having people fuss over you," she says. "At the end, you look so good! People who walk in sort of slumped over walk out standing taller.

NEW MAKEUP AND HAIRPIECES HELPED THESE CANCER PATIENTS LOOK—AND FEEL—GREAT

"I'd go to work and people would say, 'Gee, you look so good!' Then they start treating you normally. The program helps you take control over part of your life at a time when you have so little control."—JUDY BASS

For more information on "Look Good . . . Feel Better," call 800-395-LOOK. ▶

TRUE OR FALSE

1. Ultra-Violet (UV) rays are present 365 days a year. Rain or shine.
☐ True ☐ False

True. Since Ultra-Violet rays can penetrate even the heaviest cloud cover, they manage to reach your skin's surface every day of the year.

2. Ultra-Violet rays can cause lines, wrinkles and age spots.
☐ True ☐ False

True. Ultra-Violet rays are the primary cause of the signs of premature aging all over the body.

3. The thinning of the ozone layer would increase the harmful effects of Ultra-Violet rays.
☐ True ☐ False

True. The ozone layer acts as a shield blocking out Ultra-Violet rays. The thinner it becomes the more Ultra-Violet rays can penetrate the shield.

4. Very brief exposure to the sun's UV rays every day is harmless.
☐ True ☐ False

False. Even very brief exposure can be harmful because, over a long period of time, the damage becomes cumulative.

5. You can defend your skin from the harmful effects of UV rays.
☐ True ☐ False

True. Turn the page.

THE LONE STAR OF TEXAS

In politics, 1990 was supposed to be a stellar season for women. Yet for all too many, it turned into a year of defeat. Out of 121 female candidates running for top state and federal offices, only 51 won at the polls.

Still, there was one distaff star who shone:

Ann Richards, the former state treasurer, was elected governor of Texas, winning despite a nasty campaign waged against her by businessman Clayton Williams. Now, the mudslinging is just a memory, and Richards, fifty-seven, a divorced grandmother, has already named more women, blacks and Hispanics to high executive office than any other Texas governor. Here, she talks frankly about politics and family.

Q: You were one of the few success stories for women in politics last fall. Were expectations just too high?

A: Well, I think there is a tendency to overgeneralize. There was a phrase something like "1990—the year of the woman." There were more women running for high-profile positions, which to me is quite a success in itself.

Q: Were you concerned by the negative tone of the campaign?

A: Oh, no. I've said lots of times that in Texas, politics is a contact sport.

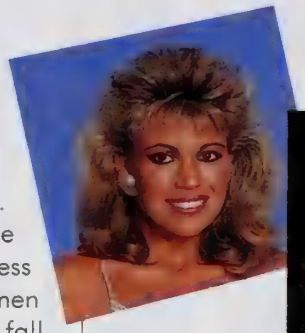
Q: Your children were actively involved in your campaign. How did that help you?

A: Their participation was really bolstering. Any time you're surrounded by workers who happen to love you, it just gives you that extra boost.

Q: How do you like your new home, the governor's mansion?

A: It's a wonderful, wonderful house: big bedroom, big living room, nice bath. Not much closet space! It has a porch, and I hope to get a couple of rocking chairs. I don't expect to feel lonely in it.

—KAYE NORTHCOTT



From left: Vanna White, Marla Maples and Macaulay Culkin

look who's talking

"She more or less fits the bimbo image. Her whole life seems to be just swimsuits." —CHUCK JONES, PUBLICIST FOR 26-YEAR-OLD MARLA MAPLES, ABOUT DONALD TRUMP'S NEW MODEL, 23-YEAR-OLD ROWANNE BREWER

"Yeah, it's pretty cool. Math is one of my favorite subjects." —MACAULAY CULKIN, THE TEN-YEAR-OLD STAR OF *HOME ALONE*, COMMENTING ON HIS MOVIE'S RECORD REVENUES

"I will tell them I turned letters for a living. That's what I'll say. And I'm also going to feed them alphabet soup!" —VANNA WHITE, ON HOW SHE'LL EXPLAIN HER CAREER TO ANY CHILDREN SHE MIGHT HAVE

THE LHJ '90s NETWORK

A CONTROVERSIAL NEW NOVEL, *AMERICAN PSYCHO* BY Bret Easton Ellis—about a killer who tortures and murders women and other victims—is due in bookstores this month. But many want the book kept off the shelves. Simon and Schuster decided not to publish it. Vintage books will now print it, but not without some protest: Late last year, the Los Angeles Chapter of the National Organization for Women (NOW) announced a national boycott of all nonfeminist titles by Vintage and its sister press, Knopf.

Should books that depict brutality toward women be banned?

a. Yes, we must try to stop violence in all forms.
b. Yes, such books encourage men to abuse women.
c. No, free speech should never be censored.

To vote, call 900-370-5626 from February 16 to March 15. The first minute costs seventy-five cents; each minute thereafter costs fifty cents. You must use a touch-tone phone.

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nerica's wildlands are vast, beautiful. And desolate. That's why every 4-door Chevy S-10 Blazer comes with 4-wheel anti-lock brakes. And the biggest V6 you can get. To help you stay in control. Whatever the weather. Wherever you go in this wild, wild world.

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HUSBANDS ARE LOUSY LOVERS

It's the problem women rarely discuss openly: the spouse who won't—or can't—satisfy them sexually. But there *is* hope. Here, leading sex therapists talk about the latest techniques for rekindling passion.

By Kathryn Casey

So much for happily ever after: According to America's top sex therapists, as many as 80 percent of all couples may experience sexual problems at some point in their marriage.

Why this sudden surge of sexual discontent? Jerome Sherman, Ph.D., president of the American Association of Sex Educators, Counselors and Therapists, in Chicago, says it's due to a new willingness to discuss troubles in the bedroom—and to seek help rather than give up or get divorced.

"There's hope out there now," adds pioneer sex therapist William Masters, M.D., co-founder of the prestigious Masters & Johnson Institute, in St. Louis. "Couples are realizing that there is every good chance their distress might be reversed."

Women today are also more assertive about their sexual wants and needs. Not only do they *know* more about sex in general, but they expect more from their sexual relationships with their husbands. In the seventies, for example, women tended to blame themselves for any sexual dissatisfaction: Seventy percent of the patients who complained to therapists at Masters & Johnson about inhibited sexual desire (ISD) were female. These days, though, more men are willing to confront their inadequacies in the bedroom—with their wives or with therapists. Today, fully 50 percent of all patients at Masters & Johnson who seek help for ISD are male.

"Most men want to be good lovers," says Helen Singer Kaplan, M.D., Ph.D., the noted sex therapist from New York Hospital–Cornell Medical Center. "They aren't selfish; they just don't know what to do or how to do it."

To find out what's going on behind America's bedroom doors, we invited some of the country's most renowned sex therapists to share their case files. Here, their intimate reports on four of the most common problems, and how women—and their husbands—can solve them. (These are all real men and women in real situations; only their names and identifying characteristics have been changed to protect privacy.)

"He's just not interested"

Susan was twenty-eight, an executive secretary with a California corporation, when Alan, a thirty-year-old television cameraman, came in to shoot a news segment on her company. "When I focused the camera on her, something happened," says Alan. "There was something special about Susie."

Soon there were romantic dates on Alan's boat and weekend sailing. Six months later they married, and at first their sex life was wonderful. The trouble began seven years into their marriage, when Alan became depressed about his dead-end career. At the same time, Susan was promoted to office manager. Without realizing it, Alan grew resentful.

Abruptly, he quit his job, and Susan was left to cope with a big mortgage and oppressive monthly bills. Soon, they were forced to sell the boat. "When that happened," recalls Alan, "it was as if part of me had died."

Feeling worthless and rejected, he had an affair with a family friend. It was brief, but for Susan it was devastating. While *(continued on page 73)*

Fresh Catch.

Skipper Gus Cinan and Ace Bearskin Neck, Massachusetts

Real seafood, hand-selected for your cat. From Friskies.

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MENOPAUSE MYTH NO. 2

"YOU'D BETTER LEAVE SPORTS TO THE YOUNGSTERS."

's hard to feel very energetic, much less sporty, when ou're worried about hot flashes. Or when your sleep been interrupted by night sweats. And while no man should expect to maintain the vigor of a teen-year-old, you owe it to yourself to learn as h as you can about menopause, and how to deal with symptoms.

THE ENLIGHTENED APPROACH TO MENOPAUSE.

opause remains a subject often clouded by myth, information, and fear. But its symptoms are very . They may be mild, or quite severe, and they're dif- nt for every woman. But the hot flashes, vaginal dry- s, and night sweats that can cause insomnia are not in your head." They are the result of your body's loss estrogen. Estraderm® "puts back" some of this ogen in a very unique way.

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"THE PATCH" HON-MEDICATED PLE IS INCLUDED IN THE FREE ORMATION PACK.

Estraderm is a clear, round patch that you apply directly to your skin. The Estraderm Patch relieves your symptoms by delivering small, steady doses of estradiol into your bloodstream, similar to the way your ovaries did before menopause. Estraderm is the only estrogen replacement therapy that works this . It is identical to the estrogen your body produced , because you don't ingest it, Estraderm bypasses your liver and stomach. Plus, The Estraderm Patch is easy to apply and stays in place during bathing or swimming.

WHAT TO ASK YOUR DOCTOR ABOUT THE ESTRADERM PATCH.

Q: What are the benefits and risks of Estraderm versus other treatments?

Q: How can I tell if The Estraderm Patch is right for me?

Q: Can Estraderm help relieve vaginal dryness?

Q: How long will I need to wear The Estraderm Patch?

A FREE MENOPAUSE INFORMATION PACK.

The researchers, pharmacists, and physicians at CIBA have compiled the latest information about menopause, its symptoms, and The Estraderm Patch. To receive it free, call 1-800-521-CIBA, or send this coupon.

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FOR BRIEF SUMMARY OF PRESCRIBING INFORMATION, SEE NEXT PAGE.

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ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism; female castration; primary ovarian failure; and atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae.

CONTRAINDICATIONS

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up of a single physician's practice has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

2. *Gallbladder Disease.* A recent study has reported a two- to threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use, especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.
2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).
3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.
4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.
5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.
6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether this is due to the estrogenic or progestogenic component of the contraceptive, patients with a history of depression should be carefully observed.
7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.
8. In patients with a history of jaundice during pregnancy, there is an increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in any patient receiving estrogen, the medication should be discontinued while the cause is investigated.
9. Estrogens may be poorly metabolized in patients with impaired liver function and should be administered with caution to such patients.
10. Because the prolonged use of estrogens influences the metabolism of calcium and phosphorus, estrogens should be used with caution in patients with metabolic bone disease associated with hypercalcemia and in patients with insufficiency.

Information for Patients

See Patient Package Insert.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function tests may be affected by estrogen-containing oral contraceptives. The following changes have been observed with large doses of estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VII, VIII, IX and X; decreased antithrombin 3; increased norepinephrine-induced platelet aggregability;
3. increased thyroxine-binding globulin (TBG), leading to increased circulating total thyroid hormone (T_4) as measured by column or radioimmunoassay; free T_3 resin uptake decreased, reflecting the elevated TBG; free T_4 concentration is unaltered; TBG was not affected in clinical trials with Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid concentration, and decreased pregnanediol excretion.

The pathologist should be informed that the patient is receiving estrogen therapy when relevant specimens are submitted.

Carcinogenesis, Mutagenesis, Impairment of Fertility

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug to nursing mothers should be done only when clearly necessary since many drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding possible adverse effects on the fetus, induction of malignant neoplasms, increased incidence of gallbladder disease, and adverse effects similar to those of oral contraceptives, including thromboembolism.

The most commonly reported adverse reaction to Estraderm in clinical trials was redness and irritation at the application site. This occurred in about 17% of the women treated and approximately 2% to discontinue therapy. Reports of systemic effects have been rare.

The following additional adverse reactions have been reported with estrogenic therapy, including oral contraceptives:

Genitourinary System: Breakthrough bleeding, spotting, change in menstrual flow; increase in size of uterine leiomyomata; change in cervical erosion and amount of cervical secretion.

Endocrine: Breast tenderness, breast enlargement.

Gastrointestinal: Nausea, vomiting; abdominal cramps, bloating; cholestatic jaundice have been observed with oral estrogen therapy.

Eyes: Steepening of corneal curvature; intolerance to contact lenses.

Central Nervous System: Headache, migraine, dizziness.

Miscellaneous: Change in weight, edema, changes in libido.

HOW SUPPLIED

Estraderm 0.05 (estradiol transdermal system)—each system contains 4 mg of estradiol USP for nominal delivery of 0.05 mg of estradiol per day

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Estraderm 0.1 (estradiol transdermal system)—each system contains 8 mg of estradiol USP for nominal delivery of 0.1 mg of estradiol per day

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*See DESCRIPTION.

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Do not store unpouched. Apply immediately upon removal from the protective pouch.

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OUSY LOVERS

ntinued from page 68

marriage survived the affair, found he had little interest aking love to his wife. "I felt inside," he says. "Sex was the hing on my mind."

hough they still cared deeply each other, by the time Alan and sought help, it had been two since they had been intimate.

ny marriages do suffer occasion- eriods of diminished libido. But lack of desire lasts for a long – as it did in Alan's case —it's thing that should not be ignored. ny women, believing their hus- s no longer find them sexy, auto- cally assume the fault is theirs. hat is rarely the case with ISD; , as Alan and Susan learned, the ns are far more complex.

r example, Alan was subcon- sly resentful of his wife's career. most common reason for dimin- desire is hidden anger," says Vir- . Sadock, M.D., director of the sex- y program at New York Universi- edical Center. "If you're unhappy, ough to feel sexual."

anger builds, intimacy often de- es. The worst thing a woman in n's situation can do, however, is to nd that her husband mend his , without looking to find the un- ing causes. "The truth is that the she demands, the more likely he withdraw," says Dagmar O'Con- a New York sex therapist and the or of *How to Make Love to the e Person for the Rest of Your Life Still Love It* (Doubleday, 1985).

e experts suggest that a couple o resolve their conflict in a non- ontational way. Sit down with husband and *talk* to him; let him how important your marriage is u, says couples therapist Tracy t, Ph.D., of Van Nuys, California. ind him of those things that ght the two of you together in the place. It may help to look through hoto albums of the early days of marriage or to play tapes of songs were special to you years ago. ever, warns Cabot, don't rush sexual relationship. Instead, fo- imply on being together—and on ng. Once you've regained your ional intimacy, physical intimacy ld soon follow.

Alan and Susan's case, Cabot t several sessions talking to the le about what had first attracted to each other. "The recurring e was their love of Alan's boat the years of happiness they'd en- on it," she says.

bot suggested that they return to the seaside for a weekend to try to rekindle those old feelings—but she told them not to make love. "After so many months of no intimacy, they were like strangers," she explains.

With no pressure to "perform," Susan and Alan slowly began to communicate again, and Alan was able to tell his wife that he resented her career.

One year after he quit, Alan returned to the work force as a cameraman for an independent film company, a job he finds far more fulfilling than his last one—and the couple's lovelife is passionate once again.

The impotent male

"When Doug started having problems maintaining an erection, it sent me into an emotional spiral," confides Jan, a thirty-year-old Chicago waitress. During the year they had dated, Doug, thirty-four, had been a sensitive and affectionate lover. Then, about six months into their marriage, he began having problems keeping an erection.

For Doug, his inability to perform was a constant source of self-recrimination. "I feel miserable about letting her down," he says quietly.

It has been estimated that more than ten million American men suffer from chronic impotence, but that only 5 percent of them ever seek treatment. The condition is not, however, to be confused with a man's occasional inability to perform. From time to time, most men have a fleeting experience with impotence, usually when they are stressed, tired, or have consumed alcohol or drugs. Sometimes impotence can be caused by medications, such as those taken for hypertension. It is also linked to a number of physical conditions, including circulatory problems, since an erection requires an increased blood flow into the penis, and diabetes.

Many techniques for treating physically based impotence have emerged in recent years, including drugs and implant devices.

Some experts still insist, however, that a majority of impotence cases are psychological. "Any man who has one instance of failure and says to himself, 'I don't know what's wrong with me,' is halfway along the road to impotence," says William Masters.

As with ISD, it is essential that the husband and wife determine the underlying factors. If the husband has fallen into a cycle of impotent episodes followed by self-doubt leading to more impotency, the condition may simply require reassurance and relaxation.

After Doug and Jan began seeing a therapist, it soon became apparent that early in the couple's relationship, Doug had been *(continued)*

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LOUSY LOVERS
continued

intimidated by what he saw as his wife's greater s experience. "This is a case of a husband who is afr will not live up to his wife's expectations," says J Sherman. "When they make love, he dwells on his fe

Once the pattern had established itself, impoten came a conditioned response. Doug soon expected his tion to fail each time he attempted penetration. D therapy, the couple undertook six months of home the encouragement of fantasies, caressing, manual s lation, *without* the pressure of having intercourse.

Eventually, with Jan's loving help, Doug learned pect sexual success rather than failure. "Now whe make love," Jan says happily, "we anticipate enjoy not disappointment."

"He's so clumsy"

"It should be called wrestling instead of lovemaking," thirty-four, a New Jersey graphic designer, says wry her three years of marriage to Roger, a computer t cian, Rita has been afraid to tell him that his lovem technique is closer to Rambo than Valentino. Ther soft caressing, no foreplay, no gentle urging.

Rita had found Roger's techniques inadequate fro beginning, but she assumed that would change once had more time together. It hasn't.

"I can't seem to find a way to make him understan it isn't that I don't love him, but I just want to tak time to enjoy it, too," Rita says. "Sometimes I feel lik been on a bucking bronco. Afterward, he asks me h was, and I always say, 'Great.' But the truth is, I'd l do more than just go along for the ride."

Although Roger seems insensitive, he probably d know what Rita is feeling. Since she's told him he's a lover, he undoubtedly considers himself one. Often, like Roger focus on intercourse because they don't r that women are turned on by gentle caresses of many of the body. "Men concentrate so much attention o genitals because that's what *they* like," says Virgini dock. "What they don't understand is that what is go the man is often not good for the woman."

Hurry-up lovers like Roger are often insecure as "They want to have an orgasm because they're afraid erection may not last," says Joshua Golden, M.D., di of the human sexuality program at the University of fornia at Los Angeles.

While it's true that women today are more like bring up sexual topics with their husbands than they years ago, many, like Rita, still fear that they will their man's feelings.

"Even in a loving relationship, people are reluct voice needs," says New York sex therapist Shirley man, Ed.D. "It feels too much like criticism."

Consequently, many women go through life repre their frustrations and allowing them to turn to anger when women do suggest changes, they are often not received. "The truth is, many men *can* be overly sen about their lovemaking," says Helen Singer Kaplan.

That doesn't mean you shouldn't talk about it—but slowly, calmly and tactfully. Start with something po about your relationship, and then be factual, clear assertive—not hostile—about your desires. Keep the versation on the issue; this is not the time to rehash problems. If there are caresses you crave, such as nu your ear or gently tickling your back, tell him. Don't him guess what pleases you.

You can also use body language to make you sires known. During lovemaking, move your husb

to your favorite erogenous zone. espond positively, either with or actions, when he does some- you like.

our husband is willing but un- introduce more encounters that ensual, but not sexual. Initiate ng, such as a massage, that may y not lead to intercourse.

ourage him to enjoy himself and is time. Instead of the mission- sition, where the man is in con- try the woman-on-top position, you have more ability to regu- he tempo of your lovemaking.

a found that talking calmly with usband—and trying some new iques—yielded surprising re- "Once he understood," she says, emed to make all the difference. still not the world's greatest lov- t now he's trying. And I let him how much that means to me."

's dull routine

n the minute John raises his eyebrow, I know everything going to happen," Kelly, a thir- he-year-old Denver secretary, esignedly. "It's as if every move een choreographed."

ring the four years of their mar- sex has become boring for Kelly, he feels distanced. "It's like we're nnected," she says. "He just goes gh his routine—absentmindedly ng my breasts and genitals for a inutes and then getting directly to intercourse. It seems like of a chore than a pleasure."

netheless, John, a forty-three- old engineer, believes their sex s good. "I know what she's say- he admits, somewhat sheepishly. it works for me."

n like John have exasperated a loving wife. Why do they stick unvarying sexual pattern? Often, the case of the hurry-up lover, ts say, the ho-hum lover suffers hidden insecurities.

hat often happens," says Golden, at the inhibited lover is a man may have some difficulty main- ng an erection or just fears he t. He finds something he *can* do, e continues doing the same thing me way out of fear."

e first step for the wife of an in- ed lover is to reassure him: Tell you love him and enjoy your sex ut you'd like to see how it can be even better. For example, the bookstore shelves are loaded with tals that can give you and your nd new inspirations.

en it's time to set up some guide- First: No one has to do anything he or she feels uncomfortable do- Second: No one is going to keep score on whether the other party does (or doesn't) reach orgasm. After all, it's unrealistic to expect the earth to move the first (or even second or third) time you try a new technique or position.

Last, be playful. Have fun. Try something new. Take steamy showers—or a bubble bath—together. Tickle each other. Dance together naked.

For some men, shedding old habits and achieving greater intimacy may be difficult. Kelly was unable to break down John's defenses, and she finally convinced him to go to a therapist.

"It took a long time for John to admit that he was holding me at arm's length," says Kelly. "It was as if we had to break down a wall he had built around him before we could really enjoy being together."

A loving solution

More and more, couples are trying to knock down the walls that keep them from enjoying a happy, satisfying sex life. By opening the lines of communication—and working together—they can rekindle passion and improve their relationship, no matter how many wedding anniversaries they've celebrated. ■

Kathryn Casey is a contributing editor of Ladies' Home Journal.

WHAT'S HOT

At last, Cher tells all—at least all about the diet and exercise program created for her by nutritionist Robert Haas. Here's an exclusive excerpt from her best-selling new book, "Forever Fit."

CHER'S DIET SECRETS

By Cher and Robert Haas, M.S.

Cher: Looking good today makes me happy. I look in the mirror and think, Your body's in the best shape it's ever been in your entire life. And if I can look and feel my best at this age, *anyone* can do it. But it doesn't just get done—you have to do it. Because I learned you can't turn forty and just think that God or the U.S. government or anyone else is going to take care of your body. You're the only person in charge.

But back in 1985, when I first met Robert Haas, I was mentally and physically at my lowest point. A leading sports nutrition expert, Robert had advised such world-renowned athletes as Martina Navratilova and Ivan Lendl. I told him I needed help recovering from a grueling year of hard work, little sleep and a poor diet. To play the pill-popping mom in *Mask*, I'd starved myself, then I'd gained all that weight back plus eight pounds, and was totally burned out from dieting and stress. I felt out of shape, drained and lethargic.

We redesigned my diet and exercise routine according to the Forever Fit plan, and I found I had more energy than ever.

The plan helped me to get through the most demanding time of my life. That next year I made three films back-to-back, recorded an album, made two videos, launched a fragrance for women, sat for hundreds of interviews, and did countless commercials and TV appearances. It was a schedule that would have choked a horse.

Even now, at forty-four, I don't see myself slowing down a lot. My days always start with a printout from my assistant with a schedule that keeps me running from eight to eight. But the Forever Fit program keeps my mind and body strong.

Pigging out with the stars

I have a certain kind of personality. It's like if I were a drug addict, I would probably be a dead one, because I would do all the drugs you could do. When I smoked, I smoked three packs a day. When it comes to food, I love to eat. My worst addiction is to sweets—especially chocolate. I can eat coffee, strawberry and chocolate ice cream up the wazoo. Or I'll have ten tons of M&Ms. Though I hardly ever eat red meat and I stay away from caffeine and alcohol, sweets have been the toughest "substance" for me to kick.

Food and mood have always been intertwined for me. It's while being away on location that I've had my worst eating problems—some really bad binges. At the end of *The Witches of Eastwick*, Michelle Pfeiffer, Susan Sarandon and I really went crazy. Our trailers all looked identical because we'd go from one to the other stuffing ourselves with Goldfish, M&Ms, Cokes and Hershey's Kisses. We were under a lot of stress, and when that happens your body looks for a lift—and you get that false lift from sugar. So we were constantly eating sugar and chocolate.

But with Robert's help, I found I could fight against my cravings for sweets. Do I still love M&Ms and Mounds bars? Yes.

But I'm getting better about it. I allow myself to have *one*. I just tell myself: It's not like Mounds bars are going to disappear from the planet. A diet should not mean that sweets are forever off-limits—and on the Forever Fit plan, they aren't.

I remember what Robert said to me when we first started working together: "If you're going to cheat, have a Popsicle or soda instead of ice cream, because you get the sugar but not the fat. You can find ways to cheat without doing yourself much damage." Just make sure it's only one cheat. For this or any diet to work, you have to change your eating habits and you have to change your tastes. *(continued)*

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¶ It was a time when those in the coffee business did things a little differently.

¶ And so it was in 1892 that a Southern merchant had cause for celebration. His premiere blend of coffee (and some say his own personal labor of love) was about to be renamed after the famous hotel where it had already built a reputation as the special house blend. The hotel, of course, was Nashville's Maxwell House.

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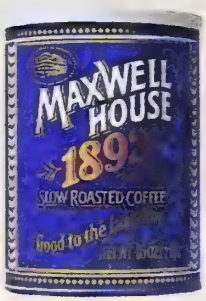

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Coming of age

On the night of my fortieth birthday, I was told by the director of *The Witches of Eastwick* that I wasn't sexy enough to work in the movie with Jack Nicholson. As I was listening to this on the phone, my daughter, Chastity, and my girlfriend Paulette were bringing me my cake with the candles burning, and I had tears streaming down my face. I eventually found out Jack had never said he didn't want me in the film, but that's the way it goes.

Of course, later that night we went out dancing, and I met Rob Camiletti, who was eighteen years younger than I was, and *he* sure had no problem with whether I was attractive enough because he became my boyfriend for three years.

But in my career, even though I stay fit, I'm in an age category where it gets a little dicey. The great roles for women over forty are few and far between. Still, there are plenty of other roles I can and will play because I *do* look good. I've killed myself in the gym to have this body.

What's ironic is that the press wants to write off my body as a product of cosmetic surgery. This way they can dismiss me—and exercising—by saying, "Well, look at her, she just went out and bought that body." Does one negate the other? If I have cosmetic surgery does that mean I don't work out?

I've had my bust done, and I wanted my nose done because it had really bothered me since childhood. My teeth were straightened and brought out with braces and a retainer. It improved the shape of my mouth, and maybe that's why people think I've had cheek and chin implants. It wasn't like I ever tried to hide anything. The year I was nominated for *Silkwood*, I showed up at the Academy Awards ceremony wearing braces. I didn't want to smile at all. That was really difficult.

I've never liked the way I looked much, but I want to look as good as I can for as long as I can. If some people think that makes me terminally vain, then yes, I am that.

The bottom line is that plastic surgery is no panacea. Nothing can change the shape of your body better than exercise and proper eating.

Exercising your will

It isn't like I've got some amazing secret that nobody else has. When I don't exercise, I look like hell. I don't get obese, but I get soft and lose definition. Then I'll bust my butt to get my body back under control.

I think walking is the single most important exercise you can do. I tried running for years, and I always hated it. What's great about walking is that you don't have the constant pounding that can lead to pain and injury. And you can keep doing it for the rest of your life.

I really work hard when I walk—up to about five miles an hour. I break into an unbelievable sweat and feel fabulous afterward.

My cardiovascular health has to be way up there, especially when I'm on tour. The skintight outfits aside, I sing and dance in high heels *and* have to keep up with dancers who are half my age. It's hard to do all that and make an audience think you're really having fun out there if you're out of breath.

My exercise routine is advanced, but everyone should maintain a regular walking program and do strength training, either in a gym class or watching a videotape at home. Most women should be concerned with four major muscle groups—the ones that begin to go in your thirties and forties: the stomach, thighs, behind, and under the arms (triceps). My everyday workout consists of aerobic exercise for at least forty minutes, and then forty-five minutes on the leg-stomach-butt area and finally about forty minutes on the upper body.

But the point is not to focus on muscle groups or obsess about the foods you're denying yourself. It's to create a new attitude about health and fitness. To become the best you can be, a program for fitness can't just be a fad. It should be your way of life, just as it has been for Robert Haas and me. We hope you will discover that with the Forever Fit program, staying in shape and feeling your best isn't just for today—it can be forever. And now here's Robert Haas to explain the fine points of the plan.

WHAT'S HOT

The Forever Fit weight-loss plan

Robert Haas: This super-fat-burning diet will help you lose weight—up to four pounds a week—efficiently and sensibly. You can stay on the diet for as long as it takes to reach your weight goal. But before you begin this or any other weight-loss program, be sure to consult your physician.

The first rule of the Forever Fit program is: *The amount of fat you eat will ultimately determine how fat you are.* Your body's metabolic machinery has a much easier time turning dietary fat into stored body fat than it does converting protein or carbohydrate into fat. To avoid storing fat, the Forever Fit plan trains your body to *burn* fat as its primary fuel, by keeping consumption of fat to about 20 grams a day.

However, you can enjoy relatively large amounts of carbohydrate-rich foods. Also, a diet rich in carbohydrates can help prevent your body from using up the protein in your muscles as energy. Instead of losing muscle tissue, your body burns fat.

Our weight-loss plan does not force you to follow the customary three square meals a day. Instead, one meal each day consists of an easy-to-make shake that supplies fat- and cholesterol-free milk and egg-white protein. These products are convenient and provide high-nutrient density with very few calories. The Forever Fit plan will also work without the use of such meal replacers, but weight loss may not come as quickly.

To achieve maximum fat-burning potential, the Forever Fit plan provides approximately 1,300 calories: 60 percent complex carbohydrates (up to 800 calories), 20 to 25 percent protein (up to 300 calories) and 10 to 15 percent fat (up to 180 calories). For the proper dietary balance, select the designated amounts from each category every day.

Meal replacer: one serving. We recommend Feelin' Fit from Twin Laboratories, and we've also tried Ultra Slim-Fast from Thompson Medical Co., or Ensure from Ross Laboratories.
Protein: four servings. Serving size: poultry, seafood, lean meat, one ounce; cooked peas, beans, ½ cup
Dairy: two servings. Serving size: skim milk, one cup; nonfat yogurt, six ounces. (One cup skim milk may be used in meal replacer.)

(continued)

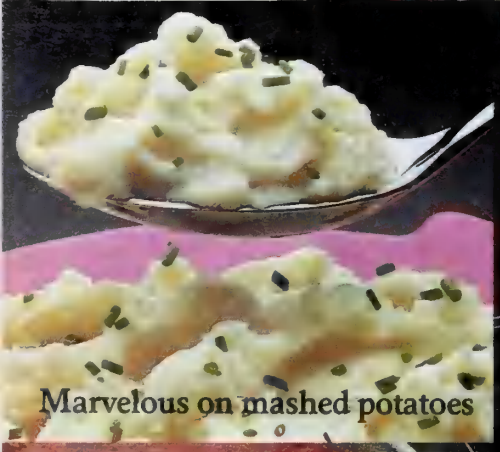
Watching your weight? Indulge yourse

Molly McButter® gives food the rich taste of butter for just 4 calo

Succulent on salmon

Mouth-watering on pasta

Luscious on vegetables


Marvelous on mashed potatoes

Magical in microwaves

Makes rice savory

Sinful in soup

Mmm. Real butter taste

Delectable on omelettes

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/HAT'S HOT
ntinued

bles: two or more servings. Serv-
ze: ½ cup
two to four servings. Serving
grains, cereals, potatoes, ¾ cup;
, one slice
two to three servings. Serving
fresh fruit, ½ cup; one apple; ½
na

ER FIT IN ACTION: AY'S MENU

ast: 1 serving liquid meal replacer
with one cup skim milk *or* ¾ cup
cereal with ½ banana and 1 cup
milk
4 oz. water-packed tuna with
juice on one slice whole wheat
, ½ cup cooked vegetables,
apefruit
1½ cups spaghetti with tomato
prepared without sugar, oil or
syrup, 2 tsp. Parmesan cheese,
e salad of vegetables and lettuce
no-oil dressing

NG FOREVER FIT FOR YOU

ough we recommend liquid meal
ers, do not use them as your only
e of nutrition. A healthy diet can
only from a variety of foods.
nk four to eight glasses of water
day.
more than 100 milligrams of caf-
per day: that means 1 cup of cof-
three cups of tea or 2 cans of diet
with caffeine.
ou feel the need for a treat, cheat
carbohydrate foods such as pasta
tatoes rather than fatty foods. If
vant something sweet, choose a
cle, fat-free cake, or pudding
with skim milk.
oid cheese except for a little Par-
to flavor meals. Parmesan has
ly the same amount of fat as
cheeses, but a little goes a long
sprinkled on pasta or vegetables.
order to give your body time to
off the calories from dinner, try
eat after six P.M.
ke a multivitamin daily, because
te our best efforts, we don't al-
eat perfectly.
maintain your weight loss, keep
ising regularly, and continue us-
meal-replacer shake and eating
same amounts of protein and
. At the same time, simply in-
e the amount of complex carbohy-
s you take in by about 500 calo-
That means two to four extra
gs of starch a day and one extra
g of fruit a day.

The Forever Fit exercise program

It's not how hard you exercise that determines how much fat you'll burn—it's how long. People who embrace a moderate and easy-to-follow program lose more weight and keep it off better than those who kill themselves with over-ambitious regimens.

Start with a daily thirty-minute walk at about three miles per hour. Then increase your speed, working up to four miles an hour.

To maximize the amount of fat you burn, walk just after waking up and *before* eating breakfast. After an overnight fast, certain carbohydrates are at their lowest level. If you exercise then, your body will be forced to burn proportionately more fat than carbohydrates.

Putting soft one-pound weights on your wrists will push up your heart rate, help you burn off more fat and tone your arms. Even if you don't choose to wear weights, swing your arms vigorously as you walk.

Once you've established your walking program, alternate days of walking with strength-training sessions. Take a class at a gym or use a videotape workout. ■

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ENDURANCE TEST
COTY
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COLOR THAT STAYS PUT.
©CLAUDIA IS WEARING PURE STRAWBERRY

StoryTime

by Lia DiLeo

A masterpiece in the renowned Gorham tradition of collector dolls.
Handcrafted in fine bisque porcelain.
Costumed in hand-tailored satin, taffeta, organza and lace.
A unique tableau—complete with hardwood rocker, storybook and little teddy bear.

A loving hug and kiss . . . a favorite bedtime story. This is the special beauty of *"StoryTime."* An enchanting tableau of mother and child. Quietly sitting together in their rocker, reading.

Tenderly mother holds baby in her lap. Each feature of her hand-painted porcelain face is sculptured with care. And her dress is the picture of femininity. Mauve taffeta, gathered by satin ribbons and ecru lace, with a hem of pleated organza. Every detail is perfect . . . from the cameo around her neck . . . to her wedding band, hand-painted *in 24 karat gold.*

And baby is the perfect audience with those sweet hand-painted clear blue eyes. Wearing a delicate rose pattern nightie . . . edged with satin ribbons and ecru lace. Balancing her *Peter Rabbit* storybook on one knee while clutching "teddy" with a chubby fist.

It is art like this that has won dollmaker Lia DiLeo international acclaim. She has been exhibited in museums and prestigious one-woman shows. Her portrait dolls have been commissioned by collectors, celebrities and royalty!

And this new collector doll tableau is created in the 160-year-old Gorham tradition of craftsmanship. (Some Gorham dolls have appreciated 300% or more!)

Capture this moment and share it with someone *you* love. Reserve your *"StoryTime"* today.

Shown much smaller than actual size of 19″ and 8″ from head to toe.

GORHAM
Radio Circle
P.O. Box 38
Mt. Kisco, NY 10549

StoryTime
by Lia DiLeo

I would like to reserve *StoryTime* by Lia DiLeo, to be handcrafted for me in fine bisque porcelain, individually hand-painted and costumed in hand-tailored satin, taffeta, organza and lace. My original imported collector doll tableau will be sent to me complete with its own hardwood rocker, storybook and teddy bear, all at *no additional charge.*

I need send no money now. I will be billed for my tableau in 5 equal monthly installments of $39* each, with the first payment due just prior to shipment. *My satisfaction is completely guaranteed.*

**Plus $4.25 per tableau for shipping & handling.*
Sales tax will be billed if applicable. Please allow 6-8 weeks for delivery.

Signature _____

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____ State _____ Zip _____

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Available only direct from

GORHAM

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THE OTHER BREAST PROBLEMS EVERY WOMAN MUST RECOGNIZE

We're all on the watch for breast cancer, but sometimes frightening lumps do mean something else. An up-to-the-minute report on how to spot benign breast disorders and what to do about them.

By Amy Roffman New

A magnifying glass helps a radiologist (left) examine mammograms—X-rays of the breast—to evaluate breast lumps. Right, a mammogram shows a fibroadenoma, a benign lump made of fibrous tissue that develops more often in women under age twenty-five. Doctors say fibroadenomas—which can be as small as peas or as large as plums—are often caused by hormonal fluctuations that occur during adolescence

Two summers ago, thirty-seven-year-old Gert Wheeler, a clerical worker from Chandler, Arizona, discovered a small lump in her right breast. She immediately went to her doctor, who felt the lump and ordered a mammogram. "When the doctor called me with the results, he said, 'There's definitely a mass there—it's five centimeters,'" Wheeler recalls. "I cried for half an hour." Because Wheeler had a history of benign breast lumps, her doctor believed that the lump was probably scar tissue resulting from the removal of a previous lump; he recommended she monitor it for changes. In January 1990, Wheeler noticed that the lump had gotten bigger. At that point, her doctor tried to perform a needle aspiration—a procedure in which a hollow needle is inserted through the skin, and fluid and tissue cells are drawn out and examined under a microscope. But the lump turned out to be solid, and Wheeler's doctor—now concerned that she might have cancer—scheduled her for surgery. The lump was removed under local anesthesia, and to everyone's great relief, it proved to be benign.

Scary, not deadly

Like Gert Wheeler, most of us will someday discover some breast abnormality—and be terrified that it's cancer. "Nearly one hundred percent of women have a breast problem at some time," says Douglas Marchant, M.D., professor of obstetrics and gynecology at Tufts University School of Medicine, in Boston.

But while *all* breast problems are worrisome—and should be pointed out immediately to a doctor—in the vast majority of cases, they are not malignant. For example, about 80 percent of all breast lumps prove to be benign, according to the National Cancer Institute.

What factors contribute to the development of benign breast problems? Researchers are still exploring possible links to genetics, diet and environment. The clearest culprit so far is hormones. Explains breast surgeon Susan Love, author of *Dr. Susan Love's Breast Book* (Addison-Wesley, 1990): "Most benign breast problems are caused by hormones to a greater or lesser degree. They are most common at puberty through the early twenties—a time when female hormones are gearing up—and then as women head toward menopause." *(continued)*

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■ BREAST PROBLEMS
continued

As with any breast problem best defense is to perform m breast self-examinations (BSE) fully. "The main value of brea examination is getting used t breasts as they are normally," Keith Russell, M.D., clinical pr of obstetrics and gynecology University of Southern Cal School of Medicine, in Los A "Normal" lumpiness, for exampl ies greatly from one woman to er. Regular BSE enables wome alert to sudden changes in tiss sistency, which are the change need to be concerned about.

When it's *not* breast cancer, w it most likely to be? Until re many doctors referred to a num benign breast conditions as "fib tic disease," a diagnosis Love em cally calls "a wastebasket into doctors throw every breast p that isn't cancer."

Today, experts believe that m act identification of specific characteristics is useful for wom their doctors. Here, in alphabeti der, the benign conditions for women most often seek help.

- **Cysts** are most common i menopausal women over age Although filled with fluid, the feel like hard lumps when t deeply embedded in breast Some women get only one or tw in a lifetime; others develop man may develop them often. A w who frequently gets cysts shou shrug off a new lump as just a cyst—every lump should be chec be sure it's not dangerous.
- **Fibroadenomas** are firm, b growths made of fibrous tissue. associated with the hormone ch that occur during puberty, they as small as a pea or as large as a plum. Fibroadenomas occur most in women under age twenty-fiv make sure they are not dealing malignant tumors, doctors usua move such lumps; outpatient su is all that's required.
- **Infections** can develop anytim are most common in women wh nursing; since the nipple is oper teria may enter the breast. In cases, nipples become dry and cr allowing bacteria to invade. Sym of infection may include a small of redness or soreness and, some nipple discharge. However, disc is not always a sign of infectio nipple discharge is bilateral– both breasts—and milky, it's no says Love. In some cases, disc can be caused by benign milk

s called papillomas or, less fre- y, by a traumatic injury to the , such as a hard blow.
n infection *is* present, it can be d with oral antibiotics or antibi- ntments; by drawing the infect- d out with a needle; or by mak- n incision into the abscess and ng the fluid. There is no known ction between infections and cancer, but some cancers can infection.

omas, intraductal breast lomas and galactoceles are vely uncommon disorders. Lipo- re small, harmless fatty tumors an occur anywhere in the body ay be noticed in the breast dur- lf-examination. Intraductal pap- s are benign tumors that occur lk ducts and usually produce a y discharge. Doctors generally re- suspected lipomas and papillo- o be sure they aren't cancer. Ga- eles are cysts containing milk ccur in lactating women when ducts become blocked. They are d with needle aspiration to draw ilk out.

npy breasts Breast tissue var- m woman to woman. "In some, t tissue is fairly fine and not per- l as lumpy," says Love. "Other n have very clearly lumpy s that can feel somewhat like estone roads. Still others are where between the extremes." ding to Love, up to 50 percent of emenopausal women develop sin- multiple masses in the breast at point. The lumps vary in size; may be tender to the touch, or become more noticeable shortly menstruation. Many women de- lumps in both breasts; some find he condition abates with meno- , though it often continues, espe- if a woman receives hormone- cement therapy.

woman has a lump that has not ed over a long period of time, her may advise her only to watch anges. If physicians are unable to ut cancer through the use of non- ive techniques such as ultra- l or mammography, however, may need to remove the lumps heck them to rule out the possi- of malignancy.

n Virtually all women experi- breast pain—often called *mastal-* at some point. The pain in itself usually a cause for alarm; doc- mphasize that cancerous tumors y hurt. Breast pain is most often d by the hormonal changes asso- l with the menstrual cycle, or fection or trauma.

uma After a blow to the breast, npy, irregular mass may appear; this condition, called fat necrosis, often mimics cancer. If a woman develops lumps following a breast injury, she should certainly have her physician evaluate them. Sometimes doctors elect to remove the lumps to be sure cancer is not present.

Diagnosing the problem

Whenever a woman notices an abrupt change in her breasts, she should have a medical evaluation. During an initial assessment, a doctor will determine her medical history, including whether there is a family history of breast cancer or breast problems, and if she has ever experienced breast problems or infections, or recent traumas to the breast. Her doctor should listen carefully to her description of the lump, determine whether there are any other symptoms, such as discharge or pain, and then perform a thorough breast examination.

The best-known diagnostic test is mammography. Thanks to more sophisticated equipment, these X-rays of the soft tissues of the breast have become much more accurate than they were even a decade ago, and they use far less radiation. During a mammogram, a technician positions the breast between two plates, compresses the breast slightly, and takes an X-ray. Mammograms tend to be most useful after age thirty-five, since young breasts are very dense and hence difficult to image.

Another diagnostic tool is needle aspiration, sometimes called needle biopsy. During this procedure, the physician anesthetizes the breast skin, inserts a needle in the thickest part of the lump and attempts to draw out fluid through a syringe. If the lump turns out to be a cyst, needle aspiration can drain fluid to collapse the cyst. If the lump is solid, a larger needle can sometimes be used to draw out a few cells for laboratory analysis.

Aspiration is usually almost painless. The only possible complications from the procedure are bruising or bleeding into the cyst—neither of which is serious or even particularly uncomfortable. Doctors aspirate cysts to rule out malignancy. "You can't be sure that a lump isn't cancer until you find out what it really is," says Love.

Ultrasound, which produces clearer pictures than mammography, is particularly useful in determining whether a lump is a cyst or a solid mass. Ultrasound uses high-frequency sound waves to image masses in the breast. First, a lubricant is put on the breast to make it slippery. Then a technician slides a hand-held unit called a transducer over the breast; sound waves are bounced into *(continued on page 90)*

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GALLBLADDER SURGERY.

What if you can't or won't have it?

at you should know about gallstones.

Not every gallstone needs treatment. ients with mild symptoms might just watched by r doctor to see if re are further elopments.

If, however, ur doctor has l you that you need surgery, l you can't or won't have it, your doctor y prescribe Actigall® ursodiol.

at is Actigall?

Actigall is an oral medication that is pre- bed for patients who either can't or won't e surgery and who have symptomatic lesterol gallstones that are small in size s than 20mm in diameter). Taken in cap- form, Actigall is a naturally occurring nt intended to dissolve the most common e of gallstones.

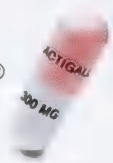
Actigall has been safely used in other countries for over 10 years and is available in the U.S. As with all prescription medications, Actigall may cause side effects. The most common side effect is diarrhea, which occurs in less than 1% of all patients.

Actigall therapy may take six to 24 months, and dissolution may not occur in all cases. Recurrence of gallstones within five years of complete dissolution has been observed in up to 50% of patients.*

Ask your doctor.

Only your doctor can decide if Actigall is right for you.

actigall®
ursodiol
300-mg capsules



A message from Summit Pharmaceuticals.
Division of CIBA-GEIGY Corporation.

*See brief summary of Prescribing Information on next page.

oral therapy

actigall®

ursodiol

300-mg capsules

Caution: Federal law prohibits dispensing without prescription.

BRIEF SUMMARY. (FOR FULL PRESCRIBING INFORMATION, SEE PACKAGE INSERT.)

SPECIAL NOTE

Gallbladder stone dissolution with Actigall treatment requires months of therapy. Complete dissolution does not occur in all patients and recurrence of stones within 5 years has been observed in up to 50% of patients who do dissolve their stones on bile acid therapy. Patients should be carefully selected for therapy with ursodiol, and alternative therapies should be considered.

ALTERNATIVE THERAPIES

Watchful Waiting

Watchful waiting has the advantage that no therapy may ever be required. For patients with silent or minimally symptomatic stones, the rate of development of moderate to severe symptoms or gallstone complications is estimated to be between 2% and 6% per year, leading to a cumulative rate of 7% to 27% in five years. Presumably the rate is higher for patients already having symptoms.

Cholecystectomy

Surgery offers the advantage of immediate and permanent stone removal, but carries a high risk in some patients. About 5% of cholecystectomized patients have residual symptoms or retained common duct stones. The spectrum of surgical risk varies as a function of age and the presence of disease other than cholelithiasis.

INDICATIONS AND USAGE

Actigall is indicated for patients with radiolucent, noncalcified, gallbladder stones <20 mm in greatest diameter in whom elective cholecystectomy would be undertaken except for the presence of increased surgical risk due to systemic disease, advanced age, idiosyncratic reaction to general anesthesia, or for those patients who refuse surgery. Safety of use of Actigall beyond 24 months is not established.

CONTRAINDICATIONS

1. Actigall will not dissolve calcified cholesterol stones, radiopaque stones or radiolucent bile pigment stones. Hence, patients with such stones are not candidates for Actigall therapy.
2. Patients with compelling reasons for cholecystectomy including unremitting acute cholecystitis, cholangitis, biliary obstruction, gallstone pancreatitis or biliary-gastrointestinal fistula are not candidates for Actigall therapy.
3. Allergy to bile acids.

PRECAUTIONS

Liver Tests

Ursodiol therapy has not been associated with liver damage. Lithocholic acid, a naturally occurring bile acid, is known to be a livertoxic metabolite. This bile acid is formed in the gut from ursodiol less efficiently and in smaller amounts than that seen from chenodiol. Lithocholic acid is detoxified in the liver by sulfation and although man appears to be an efficient sulfater, it is possible that some patients may have a congenital or acquired deficiency in sulfation, thereby predisposing them to lithocholate-induced liver damage.

Abnormalities in liver enzymes have not been associated with Actigall therapy and in fact Actigall has been shown to decrease liver enzyme levels in liver disease. However, patients given Actigall should have SGOT (AST) and SGPT (ALT) measured at the initiation of therapy and thereafter as indicated by the particular clinical circumstances.

Drug Interactions

Bile acid sequestering agents such as cholestyramine and cholestipol may interfere with the action of Actigall by reducing its absorption. Aluminum-based antacids have been shown to adsorb bile acids *in vitro* and may be expected to interfere with Actigall in the same manner as the bile acid sequestering agents. Estrogens, oral contraceptives and clofibrate (and perhaps other lipid-lowering drugs) increase hepatic cholesterol secretion, and encourage cholesterol gallstone formation and hence may counteract the effectiveness of Actigall.

Carcinogenesis, Mutagenesis, and Impairment of Fertility

Carcinogenicity studies with Actigall in animals are in progress. A 78-week rat study employing intrarectal instillation of lithocholic acid and tauro-deoxycholic acid, metabolites of ursodiol and chenodiol, has been conducted. These bile acids alone did not produce any tumors. A tumor-promoting effect of both metabolites was observed when they were co-administered with a carcinogenic agent. Results of epidemiologic studies suggest that bile acids might be involved in the pathogenesis of human colon cancer in patients who had undergone a cholecystectomy, but direct evidence is lacking. Ursodiol is not mutagenic in the Ames test. Dietary administration of lithocholic acid to chickens is reported to cause hepatic adenomatous hyperplasia.

Pregnancy Category B

Reproduction studies have been performed in rats and rabbits with ursodiol doses up to 200-fold the therapeutic dose and have revealed no evidence of impaired fertility or harm to the fetus at doses of 20- to 100-fold the human dose in rats and at 5-fold the human dose (highest dose tested) in rabbits. Studies employing 100- to 200-fold the human dose in rats have shown some reduction in fertility rate and litter size. There have been no adequate and well-controlled studies of the use of ursodiol in pregnant women, but inadvertent exposure of 4 women to therapeutic doses of the drug in the first trimester of pregnancy during the Actigall trials led to no evidence of effects on the fetus or newborn baby. Although it seems unlikely, the possibility that ursodiol can cause fetal harm cannot be ruled out; hence, the drug is not recommended for use during pregnancy.

Nursing Mothers

It is not known whether ursodiol is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when Actigall is administered to a nursing mother.

Pediatric Use

The safety and effectiveness of Actigall in children have not been established.

ADVERSE REACTIONS

Gastrointestinal

Actigall given in doses of 8-10 mg/kg/day rarely causes diarrhea (<1%). One study in which a placebo control was not used was associated with a 6% incidence of mild, transient diarrhea not requiring termination of therapy or lowering of Actigall dose. One patient with ulcerative colitis in the Actigall studies developed diarrhea on therapy. In the National Cooperative Gallstone Study, the incidence of diarrhea was 27.1% in the placebo group.

Dermatological

One patient in the Actigall studies with pre-existing psoriasis apparently developed exacerbation of itching on Actigall, which remitted on withdrawal of the drug.

Other

In two ongoing double-blind, placebo-controlled ursodiol studies in the U.S., for which the treatment codes have not yet been broken, the following minor events have been reported:

Pruritis, rash, urticaria, dry skin, sweating, hair thinning, nausea, vomiting, dyspepsia, metallic taste, abdominal pain, biliary pain, cholecystitis, diarrhea, constipation, stomatitis, flatulence, headache, fatigue, anxiety, depression, sleep disorder, arthralgia, myalgia, back pain, cough, rhinitis.

Since these studies are ongoing and blinded, incidence rates in the ursodiol and placebo groups cannot be calculated, nor has it been established whether the reactions listed are associated with ursodiol.

Overdosage

Neither accidental nor intentional overdosing with Actigall has been reported. Doses of Actigall in the range of 16-20 mg/kg/day have been tolerated for 6-37 months without symptoms by 7 patients. The LD_{50} for ursodiol in rats is over 5,000 mg/kg given over 7-10 days and over 7,500 mg/kg for mice. The most likely manifestation of severe overdose with Actigall would probably be diarrhea, which should be treated symptomatically.

DOSAGE AND ADMINISTRATION

The recommended dose for Actigall treatment of radiolucent gallbladder stones is 8-10 mg/kg/day given in 2 or 3 divided doses.

Ultrasound images of the gallbladder should be obtained at six-month intervals for the first year of Actigall therapy to monitor gallstone response. If gallstones appear to have dissolved, Actigall therapy should be continued and dissolution confirmed on a repeat ultrasound examination within one to three months. Most patients who eventually achieve complete stone dissolution will show partial or complete dissolution at the first on-treatment re-evaluation. If partial stone dissolution is not seen by 12 months of Actigall therapy, the likelihood of success is greatly reduced.

Do not store above 86°F (30°C). *Dispense in tight container, USP.*

Summit Pharmaceuticals. Dist. by: Summit Pharmaceuticals, Div. of CIBA-GEIGY Corp., Summit, NJ 07901. C90-41 (Rev. 8/90)

■ BREAST PROBLEMS

continued from page 87

the breast, and the pattern of that bounces back to the tra produces a clear image of the br a monitor. (Ultrasound does radiation, so it presents no ra hazard, but no studies have bee pleted on the long-term effects frequency sound waves on the

The final diagnostic procedu the one many women fear m surgical biopsy. Yet although t is often associated with cance about one out of every twelve reveals a malignancy in preme sal women, Love says. After pause, however, breast lum somewhat more likely to signal

There are two basic types of incisional and excisional. If a strongly suspects that a lump cerous, she will likely perform sional biopsy, in which the enti is removed and examined. If ca less obviously indicated, a doct decide to perform an incisional in which only a wedge of tissu moved for examination.

Two promising but still expe tal procedures that may be us the future include transillum and thermography. In the firs projected at the breast measur much is absorbed, to highlight a id masses. In the second, m ments are taken of the heat emi the breast to detect the prese tumors. Warmer areas of the may indicate a malignancy.

Preventing breast problem

Because doctors cannot predict women will develop a specific problem, there's little a woman in the way of prevention. In years, researchers have attem link the development of benign problems with the consumption feine, fat, alcohol and cigarettes ever, they have been unable to strate any clear relationship. point, the best strategy for health, experts say, is for wome vigilant about BSE. Those wh suffered from breast problems "Before, I just skimmed over i tion about self-examination saw it on TV and in magazines, ing nothing would happen to m mits Gert Wheeler. "But now become very conscious of the he my breasts."

For information about breast self- ask your doctor or call the Am Cancer Society at 800-ACS-2

Amy Roffman New is a writer b Chandler, Arizona.

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CUTTING THE RUGS

From fancy floral Victorians to intricate Orientals and Persians, here's a look at what's trendy in the stores for your floors

GREAT ESCAPES

Spring's just around the corner—the perfect time of year to take a fun-filled family biking tour or see Europe for less

Photo bottom, Tohru Nakamura

GO FOR FAUX

Ain't nothing like the real thing? Nonsense! We found terrific fake fur coats, home accessories that fool the eye and a deliciously rich dessert that only *looks* high-cal

How to ripen pears.

Put them in a paperbag (or bowl) on the counter. When they yield to gentle thumb pressure near the stem, they're ripe. With every sweet and juicy bite, you'll be getting potassium, boron and dietary fiber: A nutritious reward for a ripening job well-done.

The time is ripe for USA pears.

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Everyone loves dessert, but no one wants the fat and calories. Since there are so many fat-free foods in the stores right now, we decided to use them to create a classic that you can indulge in—without the guilt.

BAKED ALASKA

Prep time: 8 minutes plus chilling
Baking time: 2 to 3 minutes

- 4 slices fat-free cake, ¼-inch thick
- 1 pint strawberry nonfat frozen dessert
- 3 large egg whites
- 6 tablespoons sugar
- 4 tablespoons chocolate syrup

STYLE

GO FOR FAUX

These days it's hip to buy great fakes, not only because they're cheaper but because they're more fun. Here are our faves. **By Linda Fears**

Tohru Nakamura

● Frankly faux fur is the newest way to stay warm. More fashionable than cloth coats and more politically correct than the real thing, fake furs offer a wide range of styles, from hooded parkas to snappy swings. They're on sale now and are sure to be all the rage next winter, too.

Place cake slices on cookie sheet and mound ½ cup strawberry frozen dessert on each slice. Return to freezer. Beat egg whites in mixer bowl at medium speed until foamy. Increase speed to high and gradually sprinkle in sugar, 1 tablespoon at a time. Beat until stiff and glossy. Spread meringue evenly over frozen dessert and return to freezer at least 2 hours or overnight.

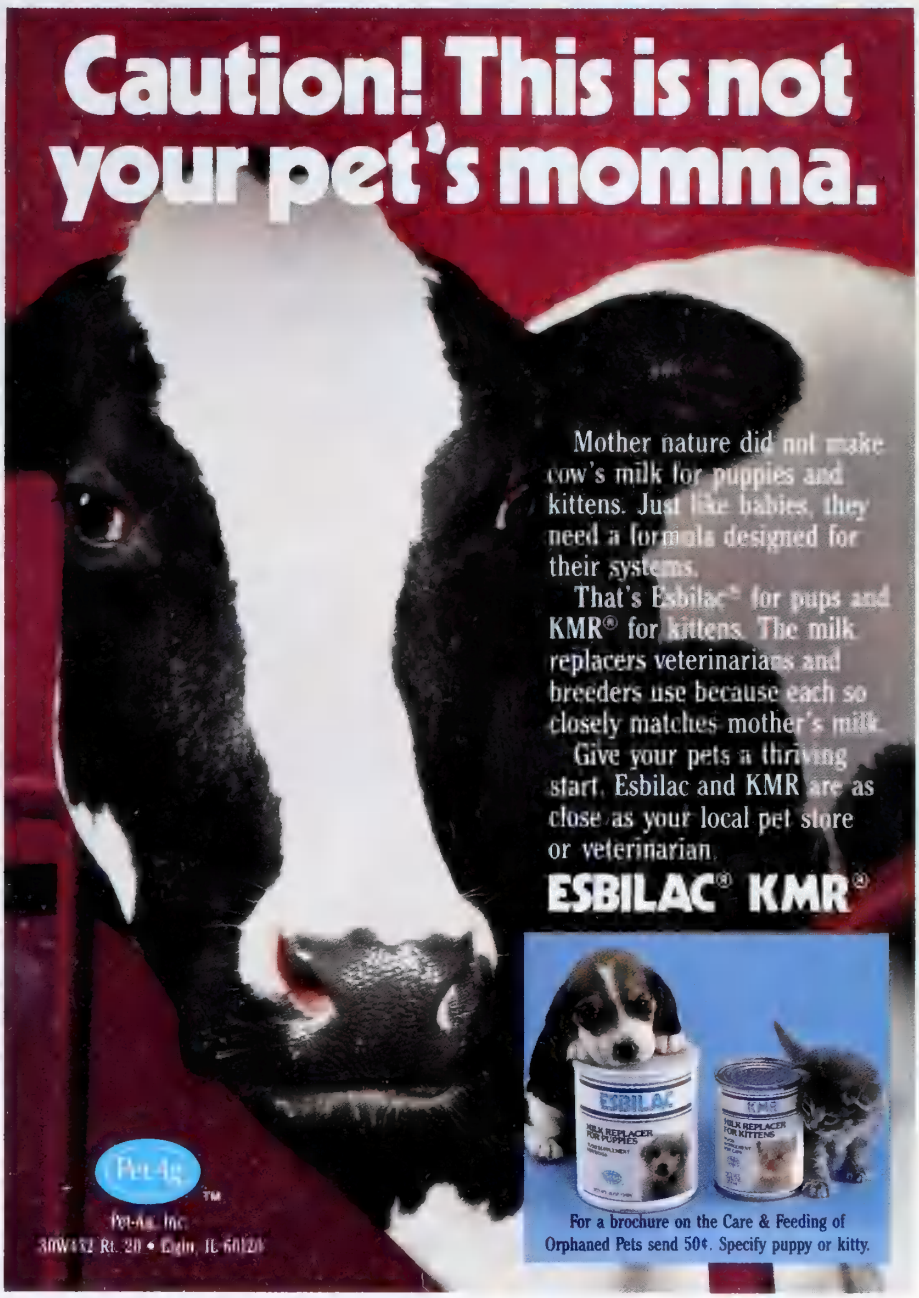
Preheat oven to 500°F. Bake desserts just until they begin to brown, 2 to 3 minutes. Serve immediately with chocolate syrup. Makes 4 servings.

Per serving: 290 calories, 12 gm protein, 1 gm fat, 60 gm carbohydrates, 174 mg sodium, 11 mg cholesterol.

Photo: Tim Turner; prop stylist, Judy Singer

● Shop around for unreal accessories: Our romantic corner niche features silk

hydrangeas that are incredibly lifelike (and last forever); a table lamp with a trompe l'oeil design, and a charming pillow that looks all wrapped up in a bow. All from Bon Vie, Locust Valley, New York. ▶



DECORATOR'S NOTEBOOK

CUTTING THE RUGS

Area rugs are the easiest way to add color and style to a room. They're also perfect for expressing your personality (from old-fashioned to wild). Here's a look at what's hot right now

● Some of the best-sellers, counterclockwise from left: bright red Turkish kilim; machine-made Victorian floral; brilliant handmade Chinese Art Deco, all from ABC Carpet & Home, NYC. Russian Caucasian Kazak (circa 1880) from the Rug Warehouse, NYC

● So you're a wall-to-wall fan? According to David Landry, president of ABC Carpet & Home, saxony plushes are the most popular style, and beige is the most-wanted color, followed by gray. But, people are beginning to buy jewel tones to brighten up their homes. Also gaining popularity are sisals—they are made of plant fiber and come in neutral colors. Berbers are classics—guaranteed never to go out of style.

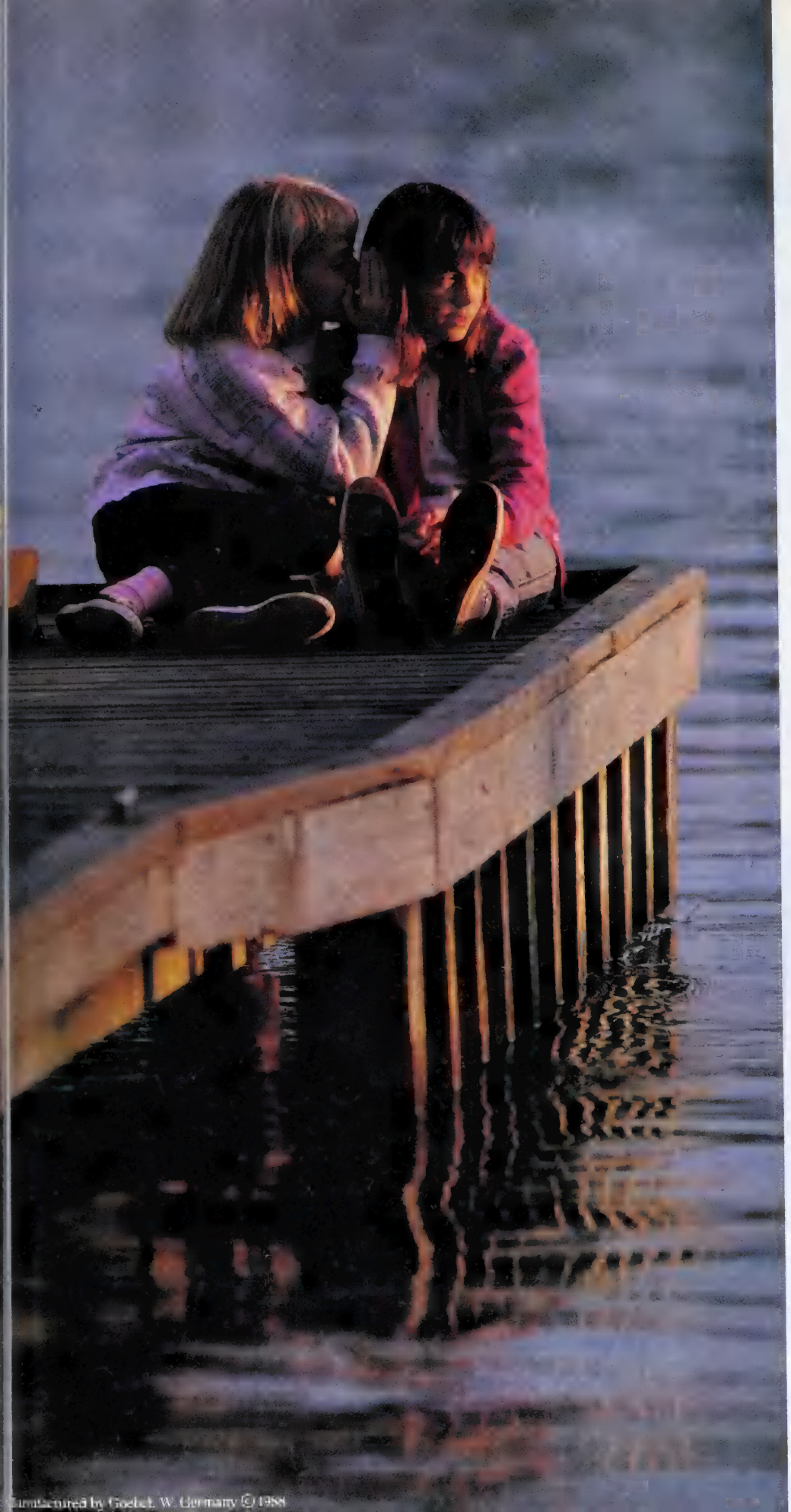
RUGS TO LOOK FOR

We asked Graham Head, merchandising manager for rugs at ABC Carpet & Home, for his tips.

● The whole nineties attitude about spending is based on less indulgence, more value. And that's the way people are shopping for rugs today. They aren't impulse-buying, they're being conservative and looking for traditional styles that are going to last.

● The Victorian floral needlepoint rug is one of the most popular (you can't get more traditional than that). Other hot sellers are kilims—flat-weave rugs with tribal patterns (originally designed for desert tents) in intense colors; dhurries—another flat-weave that used to be available only in pale pastels—now come in rich shades of terra-cotta, chestnut and blue.

● The colors to have are deep jewel tones—garnet, ruby, sapphire-blue, emerald—or earth tones like rust and terra-cotta.



Wedding music played
and fans hummed,
while in the pews
children and adults alike
fidgeted.
In a nearby room
Ellen Keeffe,
as countless brides
before her have,
suddenly
became nervous.
Sensing this,
Ann Connors,
(Ellen's trusted confidante
throughout
brownie scouts,
pierced ears,
summers at the lake,
and college beaus),
whispered words only
a maid-of-honor could,
to a now smiling Ellen,
and presented to her
an appropriate token
of their friendship.

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Carpet shown – Decimus 200 by Columbus Mills

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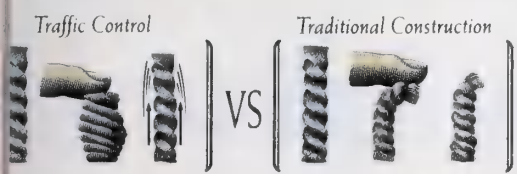


Traffic Control's patented new Dual Fiber System is designed to bounce back, not get beaten down like traditional constructions.

se you walked on it. Or did any of the er things you do to a carpet in normal, ryday living.

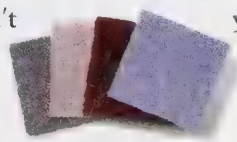
A fiber system designed, in other words, specifically fight matting.

HOW TRAFFIC CONTROL WORKS.

Unlike the traditional constructions that carpets normally use, our new Traffic Control™ Fiber System employs a unique dual fiber design. By taking tough nylon fibers and interweaving them with acrylic fibers, we built in a type of resilience that's never existed before. It's a major step in carpet technology. Because it makes it possible to produce carpet that's as soft as you want a carpet to be. Yet has the inner strength to keep springing back. Day after day, month after month and year after year. Plus, Traffic Control provides you with the same stain resistance that Wear-Dated Carpet is famous for.

IT'S DESIGNED FOR THE REAL WORLD.

Traffic Control is especially well suited for the high-traffic areas of your home like your family room, living room, hallways, dining area, and every other place you want good mileage from your new carpet.



So if you're considering buying new carpet, the Traffic Control Fiber System should make your choice very simple.

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To see the wide array of Traffic Control colors, call 1-800-322-6327 for the Wear-Dated Carpet dealer nearest you.

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GREAT ESCAPES

EUROPE ON THE CHEAP

Always dreamed of touring Europe? The easiest, least expensive way is by train. Here's a look at what Eurail has to offer today.

By Everett Potter

If you're planning a trip through Europe, there are three essential items to remember: traveler's checks, passports, and a Eurailpass.

Since its inception in 1959, Eurailpass has been the most affordable way to see Europe by the mainland's best means—the train. The European railway system goes virtually everywhere, from major cities like Rome, to tiny mountain villages in the Alps.

Eurail trains run frequently, they're clean and comfortable and stations are generally located in the heart of town, close to hotels and restaurants. The high price of renting a car, and the even higher price of gasoline in Europe (up to at least three times what we pay in the United States, even with the latest price hikes!), make driving an unenticing option. What's more, many travelers find it intimidating to drive in a foreign country where they don't know the language.

Once it was necessary to purchase separate tickets when traveling between countries; now there are seventeen participating nations in the Eurail network, including Austria, Belgium, Denmark, (united) Germany, Finland, France, Greece, Luxembourg, Norway, Portugal, Republic of Ireland, Spain, Sweden, Switzerland and Hungary. Any Eurailpass is good for traveling within or between these countries.

Eurailpass offers a wide range of passes that cater not just to romantics with months to spend on the road, but even to those with only a week or two. The classic Eurailpass provides fifteen days of first-class travel for $390, twenty-one days for $498, and one month for $616. Those with plenty of time can get a two-month pass for $840, or a three-month pass for $1,042.

But recognizing that people don't usually travel on every day of their vacations, Eurail has come up with the Eurail Flexipass. The basic Flexipass allows five days of travel within any fifteen-day period for just $230, a saving of $160 over the basic fifteen-day

15 Reasons Why There Ar

Eurailpass. There is a Flexipass offering nine days of travel within a twenty-one-day period for $398 and a fourteen-day Flexipass good within a one-month period for $498.

For couples traveling together, with a family or even another couple, there are Eurail Saverpasses, which are offered to two or more people traveling together (three or more from April 1 to September 30). These provide fifteen days of first-class train travel for $298 per person, a saving of $92 over the regular Eurailpass.

Eurailpasses must be purchased before you leave the U.S. and can be obtained from your travel agent. Have your pass validated with your first train ride and keep your validation slip separate from the pass. That way you can get a new pass for just $8 should you lose the first one.

If you're planning to travel to England, you'll need to purchase a separate BritRail Pass. A BritRailpass allows for travel in England, Scotland and Wales. A standard first-class pass for eight consecutive days is $319; fifteen days, $479; twenty-two days, $599; and one month, $689. Four-days-in-eight first-class Flexipasses cost $269; eight days in fifteen cost $379; fifteen days in one month cost $549.

All rates listed for both Eurail and BritRail are for adults; special youth and senior rates are available. For more information about Eurailpass, write Box 325, Old Greenwich, CT 06870-0325. For BritRail Pass information: 1500 Broadway, New York, NY 10036-4015; 212-575-2667.

Traveling by train is a great way to see all those charming little villages you'd probably miss if you were visiting only cities

Eurailpasses.

Everyone travels Europe differently, that's why there are many different Eurailpasses. No matter how much time or money you plan to spend, one is perfect for you. But whichever you choose, it's the best way to travel in any or all of 17 European countries.

The "Classic" Eurailpass.™ Enjoy unlimited first-class rail travel for as little as $390. Plan your own itinerary, from 15 days to three months.

The Saverpass.™ When you travel with a friend or relative, a 15-day Classic Eurailpass, valid for unlimited first-class rail transportation, is only $298 per person. (Minimum of 3 people between April 1 and September 30.)

The Flexipass.™ If you're not traveling every day, the Flexipass saves you money by letting you choose how many days of first-class rail transportation you need within a specific time period. Three options, from $230.

The Youthpass.™ If you're under 26 years old, this will get you the most travel for your money. Various programs, including the Youth Flexipass,™ beginning at $340.

The EurailDrive Pass.™ New this year, a combination of railpass and car rental puts all of Europe within your reach. First-class train travel plus a Hertz car rental with unlimited mileage, starting at $269.

To find out the best way to see Europe this year, see your travel agent. Or for a free brochure send in the coupon. For faster service and a comprehensive European rail map, dial **1-900-990-RAIL** ($1.50 per call).

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GREAT ESCAPES

FAMILY BIKE TRIPS

What better way to get exercise and see the sights? These tour companies make cycling even more fun. **By Deborah Gaines**

You never forget how to ride a bicycle; now your kids have learned, too. Why not share the excitement by taking a bicycle trip together?

A number of travel companies specialize in escorted bicycle tours, which can last from one day to a week or more.

One thing you *won't* have to worry about is equipment. Bicycles, helmets and even water bottles are provided (for a fee); you just have to bring the right clothing (the staff will advise you). And don't worry about athletic skill. While some tours require a great deal of endurance, others simply ask that you be able to ride a bicycle.

When choosing a bike tour, don't be afraid to ask questions. For instance, how many miles a day are you expected to cover? According to Penelope Graham of New England Bicycle Tours, an inexperienced biker can handle between ten and twenty miles on gentle terrain. "In many ways, biking ten miles over an eight-hour period is easier than walking," she points out. "If you're in reasonable health, you shouldn't have any problem."

Find out who else will be on the tour, too. If you're bringing the kids, you'll probably have more fun traveling with other families. Certain itineraries may also be better-suited to family groups.

The programs below include accommodations at hotels, inns or campsites, plus meals and an escort. Companies also provide support vans, called sag wagons, to carry luggage, supplies and tired riders.

Gather the whole gang and head for the hills: A trip like this can promote family bonding

Backroads Bicycle Touring.

of the largest of the companies, Backroads three itineraries de- d especially for fam- There are two two-day ing tours: One journey you through the dra- Point Reyes National ore, exploring trails back-country roads the Pacific coast north n Francisco, and the visits the Alexander y in the Wine Country Northern California. and six-day programs riders through the Ca- n Rockies and Yel- one National Park, ing and staying one in a lodge.

ces range from $185 he two-day camping . to $598 for the Yel- one trip, to $638 for the dian Rockies. Informa- 800-245-3874 outside or 415-527-1555.

England Bicycle Tours. on Mountain, Ver- , is the starting point wo- or three-day moun- ike tours that are per- or families. In addition e quiet roads and pan- ic vistas, Stratton of- a day camp for small ren, luxe condomini- ccommodations and a and health club.

nother two- or three- rip that's a hit with kids ell as adults is the is- of Martha's Vineyard, 'ape Cod. "This is our st tour, and includes of beach time," ex- s company Director McKeon.

ices range from $295 395 for the Stratton Info: 800-233-2128.

try Cycling Tours. x-day tour of Louisi- Great River Road riders from Baton e to New Orleans, ing at historic planta- tions along the way. On the final day, the group enjoys a brunch at the renowned restaurant Commander's Palace, in New Orleans.

For families in the New York area, guides recommend one-day rides to places like Long Island's south shore as the perfect way to get started—along bike paths and back roads, which is better for kids.

The New Orleans tour costs $899, with discounts for children under twelve. Day trips start at $23 per person. Info: 212-874-5151.

All Adventure Travel. This three-year-old company represents tour operators in the United States and abroad that specialize in biking, hiking and other active travel. Offerings range from camping trips in the mountains of Utah to farm stays in Indiana's Amish country.

Cycling through the scenic Canadian Rockies, you are literally one with nature

According to owner Pat Halty, the best tours for families combine biking and a second activity such as hiking, canoeing or white-water rafting. "Children like diversity," she explains. "Some of our most popular trips for families include three or four days of biking, and maybe two days of horseback riding."

Halty also suggests camping trips instead of the more expensive inn-to-inn biking tours. "Kids think it's cool to sleep outside. And, camping trips are more economical."

Halty suggests that their tours are best-suited for families with kids over ten: "Small children won't be able to ride adult-sized bicycles, which are the only kind most companies offer." She adds that parents can bring their children's own bikes, as long as they are multispeed models.

For more information, call 800-537-4025. ▶

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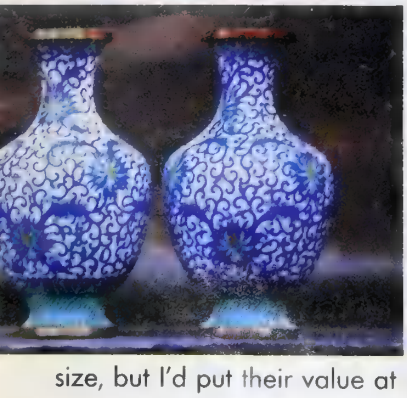
PRODUCT INFORMATION DIRECTORY P.S. 3: Send fifty cents for a brochure on the care and feeding of orphaned pets (specify puppy or kitten) to Pet-Ag, Inc., 30W432 Rt. 20, Elgin, IL 60120. P.S. 5: For a free brochure and information about the M.I. Hummel Club, call 800-666-CLUB. P.S. 8 and 9: Eurailpass: For a free color brochure and comprehensive Europe rail map call 900-990-RAIL. $1.50 per call. Page 31: Rockport created the first shoes engineered specifically for fitness walking, and offers an entire line of men's and women's shoes adapted for dress and casual wear. For a free catalog, call 800-343-WALK.

WHAT'S IT WORTH?

By June L. Johnson, ASA



My aunts owned these two Chinese vases for years; I recently inherited them. Can you give me any idea of what their value might be?

—Jeanne Husman, Virginia Beach, VA

Your Chinese cloisonné vases are from the twentieth century. An estimate would depend on their size, but I'd put their value at $70 to $200 each.

I've owned this desk for twenty years. I believe it's quite old, and the wood is either cherry or mahogany. What else can you tell me about it?

—Mrs. Robert L. Pitcher, Newtown, CT

This spinet desk was made in the 1920s. Originally, the desk sold for $33; today it is worth about $250.

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CHEESY TUNA MACARONI

- ½ of a (1-pound) package Creamettes® Elbow Macaroni, (2 cups) uncooked
- 1 can (11-ounces) condensed Cheddar cheese soup
- 1¼ cups milk
- ½ teaspoon ground mustard
- ½ teaspoon seasoned salt
- ½ teaspoon ground black pepper
- 1 cup (4-ounces) shredded Swiss cheese
- 1 can (6⅛-ounces) Starkist® Chunk Light Tuna in Water, drained and flaked
- 1 can (2.8-ounces) or 1½ cups Durkee® French Fried Onions
- 1 cup chopped celery
- 1 tablespoon chopped pimiento (optional)

Prepare Creamettes® Elbow Macaroni according to package directions; drain. Combine soup, milk, seasonings, ½ cup Swiss cheese, StarKist® Chunk Light Tuna, 1 cup Durkee® French Fried Onions, celery and pimiento. Stir in macaroni, mix well. Pour into a 2-quart baking dish. Bake, covered, in a 350° F oven for 25 minutes or until heated through. Top with remaining cheese and onions; bake, uncovered, 5 minutes or until onions are golden brown. Refrigerate leftovers. Makes 4 to 6 servings.

THREE CHEESE TUNA CASSEROLE

- ½ of a (1-pound) package Creamette® Nuggets or Medium Shells, uncooked
- 1 can (10¾-ounces) cream of mushroom soup
- 1 cup milk
- 1 package (3-ounces) cream cheese, softened
- 1 cup (4-ounces) shredded Cheddar cheese
- 1 cup (4-ounces) shredded Monterey Jack cheese
- 1 package (10-ounces) frozen peas and carrots, thawed
- 1 can (6⅛-ounces) StarKist® Chunk Light Tuna in Water, drained and flaked
- 1 can (2.8-ounces) or 1½ cups Durkee® French Fried Onions
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Prepare Creamette® Nuggets according to package directions; drain. Heat soup, milk and cheeses together; stir until cheeses are melted. Combine nuggets, cheese sauce, vegetables, StarKist® Tuna, 1 cup Durkee® French Fried Onions and seasonings. Pour into a 2-quart baking dish. Bake, covered, in a 350° F oven for 25 minutes or until heated through. Top with remaining onions; bake, uncovered, 5 minutes or until onions are golden brown. Refrigerate leftovers. Makes 4 to 6 servings.

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- 2 cans (16 ounces *each*) cut green beans, drained or 2 packages (9 ounces *each*) frozen cut green beans, cooked and drained
- ¾ cup milk
- 1 can (10 ¾ ounces) condensed cream of mushroom soup
- ⅛ teaspoon Durkee Ground Black Pepper
- 1 can (2.8 ounces) Durkee French Fried Onions

Preheat oven to 350°. In medium bowl, combine beans, milk, soup, pepper and ½ *can* French Fried Onions; pour into 1½-quart casserole. Bake, uncovered, at 350° for 30 minutes or until heated through. Top with remaining onions; bake, uncovered, 5 minutes or until onions are golden brown. *Makes 6 servings*

MICROWAVE DIRECTIONS: Prepare green bean mixture as above; pour into 1½-quart microwave-safe casserole. Cook, covered, on HIGH 8 to 10 minutes or until heated through. Stir beans halfway through cooking time. Top with remaining onions; cook, uncovered 1 minute. Let stand 5 minutes.

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TIME-TO-SPARE RIBS

1 large (14"x 20") Reynolds® Oven Cooking Bag
¼ cup flour
½ cups barbecue sauce
½ cup chopped onion
½ cup chopped green pepper
½ pounds pork spareribs, fat trimmed

Preheat oven to 325°F. Shake flour in oven cooking bag. Place in 13x9x2-inch baking pan. Add barbecue sauce, onion and green pepper. Squeeze bag to blend ingredients. Cut ribs in serving size pieces; place in bag. Turn bag to coat ribs. Arrange ribs in even layer. Close bag with nylon tie; cut 6 half-inch slits in top. Bake 1½ hours or until tender. Makes: 4 to 6 servings.

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Tea Bowls of Imperial Japan

Tea bowls shown smaller than actual size of 2½"-3½" tall

Display case (16½"x20½") included at no additional charge

Centuries ago they were specially created for use by the royalty of Japan and became symbols of wealth, success, and power. Kiln sites competed to produce those tea bowls to be used only by the most honored.

Now, for the first time ever, the *Tea Bowls of Imperial Japan* brings together the loveliest works from Japan's most famous kiln sites including Imari, Kutani, Arita, and others. Each tea bowl will be crafted of porcelain or stoneware, making it as lovely as it is functional.

As a subscriber to the *Tea Bowls of Imperial Japan* you will receive one bowl each month, at the original issue price of $19.50 each. In addition, you will receive a handsome display case with your collection at no additional charge.

The *Tea Bowls of Imperial Japan* is available exclusively from the Hamilton Collection. Our *100% Buy-Back Guarantee,* allows you to return any bowl within 30 days of receipt for a prompt replacement or full refund. So, return your subscription application *today!*

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PERSONAL JOURNAL

Important insights into the way we feel. This month: How to cope with change ■ What we can learn from our kids ■ Brightening up a gloomy day ■ What to do when a friend betrays your trust

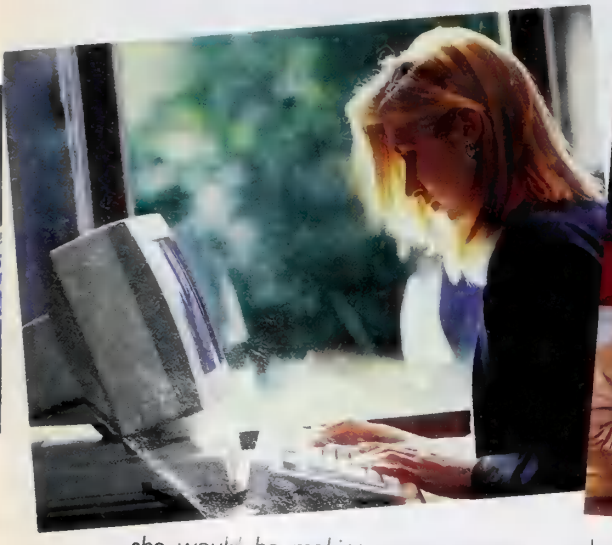
THE TRANSITION GAME

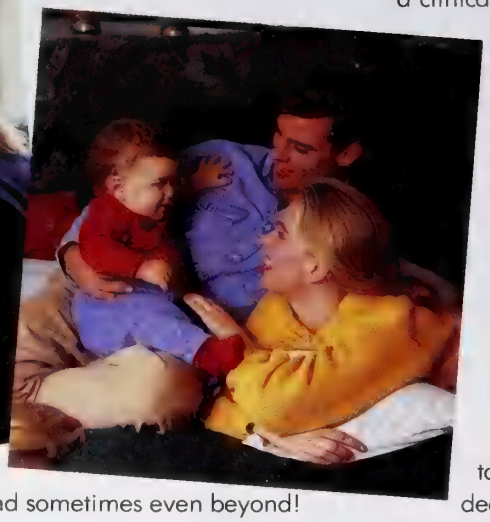
When Evelyn Harris, an elementary school teacher in the Midwest, was offered the chance to become a principal, she was more terrified than thrilled. At forty-two she felt she could do the job, but she knew it would mean more responsibility and longer hours. "I just didn't know if I was up to it—or if my family was," she says.*

Evelyn didn't tell her husband about the offer because she was afraid of hurting his feelings: If she accepted, she would be making more money than he was. Finally, she decided to turn down the promotion.

Rose Scott, forty-eight, a mother of two teenagers, was devastated when her husband of nineteen years announced that he was in love with another woman and wanted a divorce. But after her tears subsided, Rose took action. She enlisted the emotional support of her friends and her children, and found a job at a travel agency. Today, she is also taking business classes at a local college and thrives in her new life. "I can honestly say I'm happy now," she says.*

**Names have been changed.*





MAJOR CHANGES, SUCH AS STARTING A NEW JOB OR HAVING A BABY, CAN BE OVERWHELMING. BUT EXPERTS SAY WE CAN ALL LEARN TO COPE

Like Evelyn and Rose, women of all ages are confronted with more changes today than their mothers ever imagined. At any age, women are now likely to divorce and remarry, go back to school, find new jobs or move to a new town. And the decision to have a child is much more complicated than it was thirty years ago, now that medical advances make it possible to postpone a baby until menopause—and sometimes even beyond!

Not surprisingly, many women find it hard to deal with major transitions. But experts say we can learn to turn even painful changes into opportunities for growth.

According to Nancy K. Schlossberg, Ed.D., professor of counseling and education at the University of Maryland in College Park, and author of *Overwhelmed: Coping with Life's Ups and Downs* (Dell, 1991), there are three types of transitions: those that are expected (moving, becoming a parent); those that are unanticipated (the death of a loved one, a job offer); and those that you expected would occur, but didn't (failing to get a promotion).

Both Evelyn and Rose faced unexpected changes; the difference was in how they reacted. Evelyn let her worries overwhelm her, while Rose managed to triumph over her fears.

Although men and women typically go through about the same number of changes over the course of a lifetime, most experts agree that men are generally less fearful about them. "Traditionally, they've been more geared for risks and change," says Neil Bernstein, Ph.D., a clinical psychologist in Washington, D.C., who helps women deal with transitions. "Women are reared more to value security. Most people experience a little bit of discomfort with change," he adds. But, "when women fear that something horrible will happen if they let go of the familiar, they're curtailing their lives."

SURVIVAL TACTICS

To make transition less traumatic, Schlossberg suggests *(continued)*

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uces judged on the basis of appearance, taste and ure. The other sauces tested were Classico Di oli Tomato and Basil Pasta Sauce, Ragu Fresh Italian % Natural Pasta Sauce (Tomato and Herbs), scello Meatless Spaghetti Sauce, Hunt's Spaghetti ce 100% Natural Traditional Flavor, Newman's Own Natural Marinara "Industrial Strength Venetian ghetti Sauce," Flora Premium Pasta Sauce.

PERSONAL JOURNAL

(continued) looking at what she calls "the four s's": situation, self, support systems and strategies. For instance, a woman considering having a baby would evaluate her *situation*—are she and her husband financially prepared for a child?; her *self*—is she physically and emotionally ready?; her *support systems*—is there someone to help her through it?; and her *strategies for coping*—will she be able to alleviate the added stress by planning such things as time alone?

"The key is to identify your strong s's and your weak s's so you know what to work on," Schlossberg explains. By assessing your resources, you can decide whether you're ready for a change, and you'll be better prepared to handle those over which you have no control.

OTHER TIPS:

- Write down the pros and cons of your situation to see if your fears are realistic. You may discover that the benefits of a change far outnumber the drawbacks.
- Describe your fears to someone else. For example, an intelligent woman who's worried about going back to school because she's afraid she'll flunk out may laugh when she hears herself explaining her unrealistic concerns to a friend. It's easier to be objective when you state your fears aloud.
- Devise the best possible scenario for dealing with transition—and then implement it. A woman considering divorce, for example, should try to anticipate the painful situations she'll face and plan her responses. Visualizing a peaceful end to the relationship will help her maintain control.
- Finally, think of change as positive—a way to grow, to experience new possibilities. —JEANNE KENNEDY

BRINGING THE PLANET HOME

On the day our city's recycling director visited her school, my ten-year-old daughter came home chattering like a spring squirrel. Did I know that if we reused, recycled or composted our garbage, our landfills would last longer? Did I know what could be recycled in our town—cereal boxes, clear plastic, aluminum cans?

I listened distractedly, mumbling something in reply. The truth is, the extra work of sorting and composting seemed too much for me just then. It had been a long, stressful day. Besides, I wasn't at all convinced that it would do much good.

THE AUTHOR WITH HER HUSBAND, BILL, AND HER CHILDREN, ANNE AND RY

It wasn't until a few days later, when I picked up my son from kindergarten, that I thought again about garbage. In his classroom, he dragged me to the shelf that displayed his day's work.

There, welded together with tape and bottle caps, were empty food boxes fastened to paper cups, a salt canister and a frozen-juice can. On the very top, poised like a cannon, sat a pink squeezable fruit-drink bottle. "It's a spaceship!" my son blurted out, "and we're recycling!"

Later, he announced that when he grew up, "I wanna build a new dump!" "How come?" I asked, startled. "Because," he explained, "the old one's filling up!"

Perhaps it was his irrefutable logic or his desire to shoulder the responsibility for a problem of everyone's making. Or maybe it was the wobbly rocket. But my resistance slowly dissolved.

The next day, I asked my daughter to tell me more about recycling. She said that our garbage, once it gets to the dump, is covered with layers of soil that keep it from biodegrading; that underneath were ten-year-old newspapers you could still read, and hot dogs still intact.

Over breakfast the next morning, she announced that there were lots of things we could do. We could put low-flow aerators on all our faucets; if ten thousand families did so, we'd save over thirty-three million gallons of water a year!

She spoke with intelligence and an obvious delight in telling us something we might not know. I realized yet again that parenting is not simply teaching, guiding and protecting. It is also listening closely to what children have to teach *us*.

Kids are natural environmentalists. They like to collect and preserve pieces of the natural world, and their eyes are closer to the ground. Little wonder then that when crocuses shoot up and syringes roll in on the tides, kids are often the ones who spy them first. They are also closer to the future, and their planetary awareness is almost certainly more evolved. They aren't bogged down by doubt or weariness. They see a problem, they want to fix it.

I must confess that our own lives have not changed *drastically* since our children brought the environmental message home. What we do is small but incremental: Two days ago, I refused to take a bag when I picked up my order at the bookstore; yesterday, I added office paper and clear plastic to the newspaper and glass we've been sorting; this morning my husband and I decided to buy the low-flow aerators for the faucets. And this afternoon our son came home with a pocketful of trash he picked up from the school yard: a pipe cleaner, a scrap of shoelace, a shard of plastic spoon, a button. They are his "treasures," and he is "recycling." Together we are going to help save the planet. —S. HOLLY STOCKING

Photo: Mary Ann Carter/Picture Group

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PERSONAL JOURNAL

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MAKE YOUR DAY

THINGS TO DO AT HOME WHEN THE WEATHER OUTSIDE IS FRIGHTFUL

It's snowing or sleeting ferociously. Work and school are canceled—and you've got a bonus day—or you just need a day of vacation. Here, special ways to spend your newfound free time—whether you're with the kids, your husband or home alone.

With the kids

■ Pull out all those treasured family

recipes and bake your grandmother's famous peanut-butter cookies, your aunt's chocolate cake or your mother's favorite quick breads. Let the kids help stir the batter, roll out the dough, decorate the goodies.

■ Take your favorite old board games—Monopoly, Scrabble, Clue—out of the closet and challenge your family to some stimulating competition. Or teach the kids to play cards—start with something fairly easy, like gin rummy, and work up to bridge.

■ Make a family album out of those loose photographs you've been keeping in a drawer. Turn it into a "party" by serving hot cocoa and popcorn.

■ Be creative: Help your children write and illustrate their own books using crayons, construction paper and cardboard; gather old magazines and make collages; spread big sheets of paper on the floor and finger-paint.

With your husband

■ Give each other back rubs. To set a romantic mood, light some candles and turn on jazz or classical music.

■ Work on a satisfying household project together—maybe you can finally refinish that chest of drawers you bought at a flea market. To persuade your husband to do his fair share, move the TV nearby so you both can monitor the basketball game.

■ Have a romantic indoor picnic. Spread a blanket on the living-room floor and toast each other with wine.

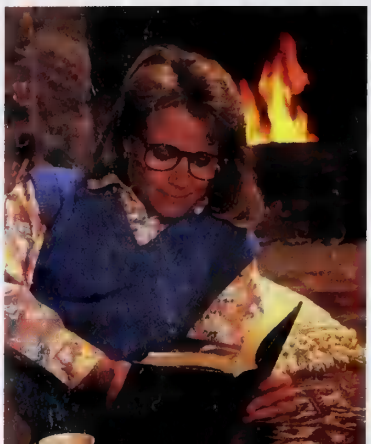
Home alone

■ Make a pot of chicken soup or a stew and let it simmer for hours.

■ Update your address book. Write to a few people you haven't been in touch with for a while.

■ Catch up on your reading—go through all the magazines that have been piling up next to your bed, or reread a favorite book.

■ Make a tape of songs to play while you're exercising. Then try the tape out during a session on your stationary bike.



WHEN A FRIEND GOSSIPS ABOUT YOU

You discover that your best friend—the person with whom you share your hopes and fears—has been talking about you behind your back. You feel hurt and betrayed. What should you do?

"First, you must decide for yourself how serious the gossip is—if it's something you really care about," says Fredrick Koenig, Ph.D., professor of social psychology at Tulane University, in New Orleans. "Only you can decide if it's upsetting or damaging."

If you are genuinely distressed, say so. "Confront your friend," advises Jack Levin, Ph.D., professor of sociology at Northeastern University in Boston and co-author of *Gossip: The Inside Scoop* (Plenum Press, 1987). "If you don't face her, negative feelings will build up."

Although it's important to let your friend know that she has offended you, don't accuse: Let her tell *her* side of the story. "The best thing you can do for your own psyche is to give the gossip-monger a chance to apologize and explain," Levin says. It may turn out that she never really betrayed your trust to begin with (gossip often has a way of being blown out of proportion), and even if she did, it's important to find out why. Perhaps she was angry at you and wasn't able to admit it, or maybe she was jealous of your good fortune—the promotion and raise you just received, for example. If you talk about these things and resolve them together, there's a good chance you can save—and maybe even strengthen—your friendship.

However, if the gossip she was spreading left scars, "you might have to reject that friend, or at least realize that you can no longer share intimate secrets with her," Levin adds. "But if it's an isolated case, and it hasn't resulted in a great deal of harm, you might want to give that person a second chance." —VICKY KAHN

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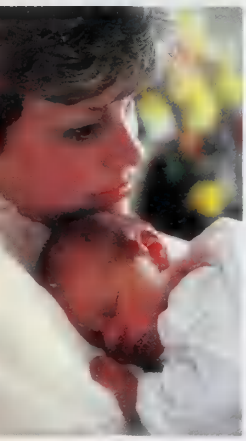
MEDINEWS

The latest news on testing for diabetes ■ Fighting hepatitis B ■ Heart-disease treatment ■ Better ways of coping with the blues. **By Joan Lippert**

CALLING ALL MOMS-TO-BE

The number of newborns suffering from the dangerous liver infection hepatitis B may soon decline, thanks to a preventive-care program launched by the federal government. The Centers for Disease Control (CDC), in Atlanta, has just approved funding to cover hepatitis B testing for the pregnant women who receive care at public clinics and vaccination for their babies. The program's goal: to reduce the number of infections by vaccinating babies soon after they're born.



Of the approximately 3.8 million women who give birth each year in the U.S., as many as eighteen thousand may carry the potentially fatal virus, which can lead to liver cancer and cirrhosis. Because babies of infected women have more than a 70 percent chance of becoming infected, the CDC recommends hepatitis testing for all pregnant women.

Joan Lippert is a writer based in Hastings-on-Hudson, New York.

DIABETES DETECTIVES

New blood tests will soon allow mass screenings of patients who are likely to develop insulin-dependent diabetes. Until now, the most frequently used blood test available was so complex that only a few laboratories could perform it. But one of the latest procedures, developed by Allergy Immuno Technologies, Inc., of Newport Beach, California, will be available within a year or two and will allow hospitals to conduct in-house screenings. According to Richard Kahn, Ph.D., of the American Diabetes Association, such screenings can identify potential diabetics several years before symptoms of this immune-system disease appear. Although doctors can't yet prevent the disorder in these patients, they are working on intervention strategies, such as giving pre-diabetics immunosuppressant drugs or small doses of insulin.

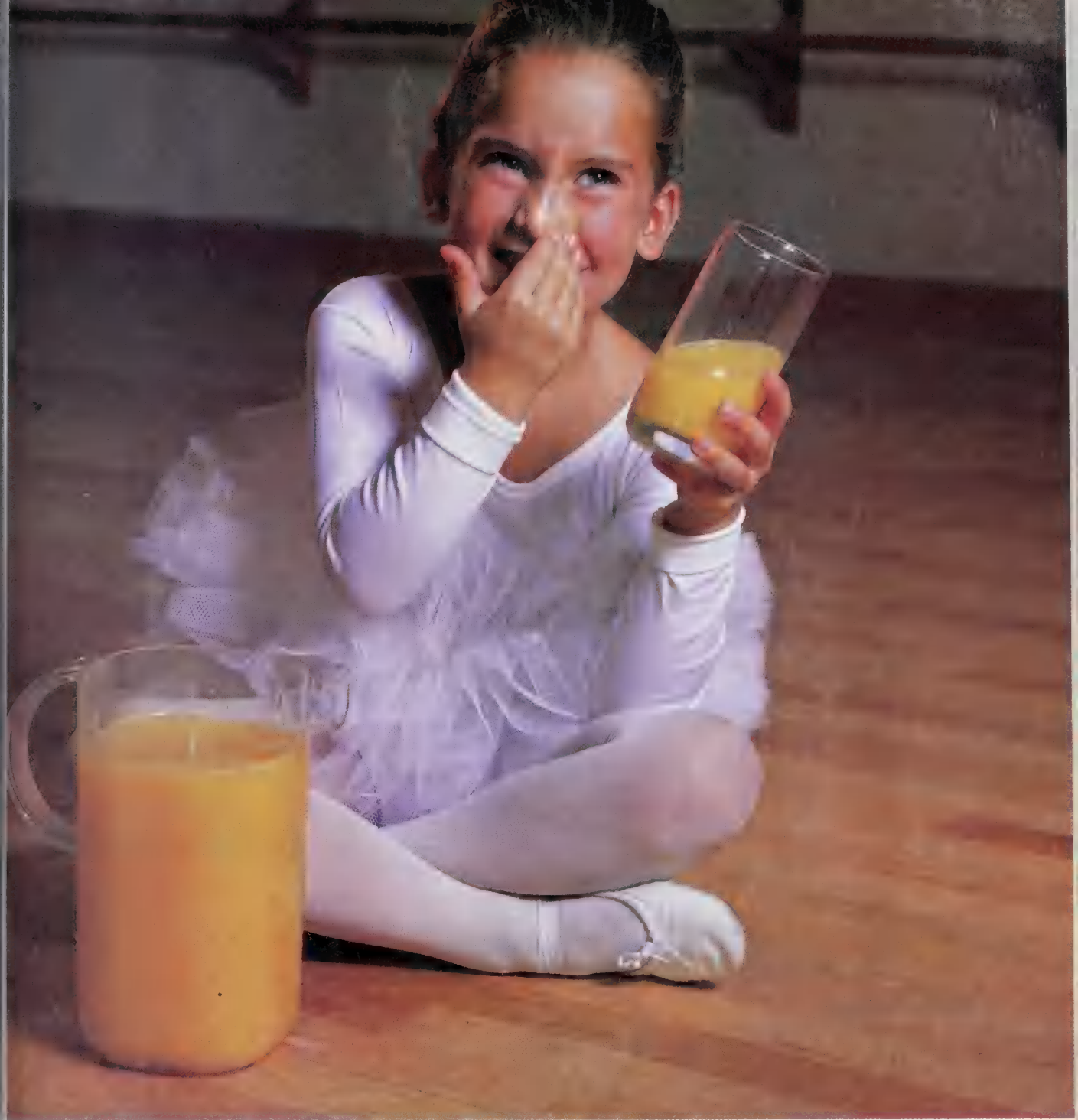
BATTLING THE BLUES

While it's definitely not a good idea to bottle up depressed feelings, it's not enough to cry on someone's shoulder. "Talking endlessly about problems can reinforce passivity, negative thinking and victimization," says Ellen McGrath, Ph.D., chairperson of the American Psychological Association's task force on women and depression. According to a recent task-force report, females would do well to take a cue from men when it comes to coping with low moods. Instead of simply wallowing in depressed feelings, a woman should do something to boost her energy level, such as taking a run, playing tennis, or going to a museum or a play with a friend. Once she's feeling less drained, she'll be better able to tackle the problems that caused her depression in the first place.

ZAPPING HEART BLOCKAGES

A group of top doctors say an experimental procedure called excimer laser angioplasty may be more successful in opening blocked heart arteries than current treatments, thereby reducing the need for bypass surgery. Unlike balloon angioplasty—in which arteries are merely stretched to increase blood flow—the excimer procedure vaporizes the blockage, leaving artery walls smooth. (Ordinary lasers, which doctors hoped would be effective in opening blocked coronary vessels, can char vessel walls, increasing the possibility of subsequent blockages.)

Recently, heart specialists from thirteen medical centers across the U.S. tried the technique on 1,150 heart-disease patients. Laser-tipped tubes were threaded into arteries, then plaques were zapped with ultraviolet light. In 60 percent of patients, excimer treatment alone successfully cleared the blockages, according to researcher Warren S. Grundfest, M.D., medical director of the laser research and technology development program at Cedars-Sinai Medical Center, in Los Angeles. Excimer-laser angioplasty should be available within a few months.



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SPRING FANCIES

Do you long for a lush lawn, a fabulous flower bed? Pine for some shade trees? This season, you *can* grow the garden you've always envisioned. Here, step-by-step strategies from the top experts, plus three special offers just for Journal readers, to help you get started.

By Marianne Wait

GREEN ACRES

Lawns are one of our favorite status symbols. In fact, Americans spend more time and money on their lawns than on any other gardening activity: a whopping $5.7 billion in 1989—up from $3.9 million in 1985—according to a recent Gallup survey conducted for the National Gardening Association. Here are some tips from lawn experts to help your turf look tops:

■ **SPREAD YOUR CLIPPINGS** Want to do less work, have a better-looking lawn—and help the environment? Then stop bagging your grass clippings. Each summer, up to 50 percent of all trash taken to landfills is lawn waste. Clippings left on the lawn after mowing release nutrients that improve the soil—and contrary to popular belief, they *don't* encourage decay.

■ **THE FUNGUS AMONG US** Scientists have developed strains of grass rich in endophytes, fungi that are harmless to people and pets, yet taste terrible to insects—prompting them to move elsewhere. You can even convert your old lawn without tearing up the existing turf; simply make grooves with a rake and drop in the seeds. The new grass will eventually take over the old.

■ **DO WHAT COMES NATURALLY** A record number of organic fertilizers are on the market today, and many work even better than the chemical types. Because they release nutrients in a slow and steady fashion, they allow the grass to build strength and resistance to disease, and they may cut back your need for pesticides by as much as 75 percent.

■ **HOLD YOUR WATER** Most lawns need only about an inch of moisture per week; if you don't get that much rainfall, make up the difference by watering (your lawn is too dry if you leave footprints when you walk on it). Do it in the morning, when it's cool, or the moisture will evaporate.

■ **DON'T SHAVE TOO CLOSE** If you mow too low, your lawn may burn and turn brown. Northern varieties should be cut to one and a half to two inches; Southern ones, one inch to an inch and a half. And know *when* to say mow: Always cut your lawn in the morning or the evening—never in the middle of the day, when temperatures are the highest.

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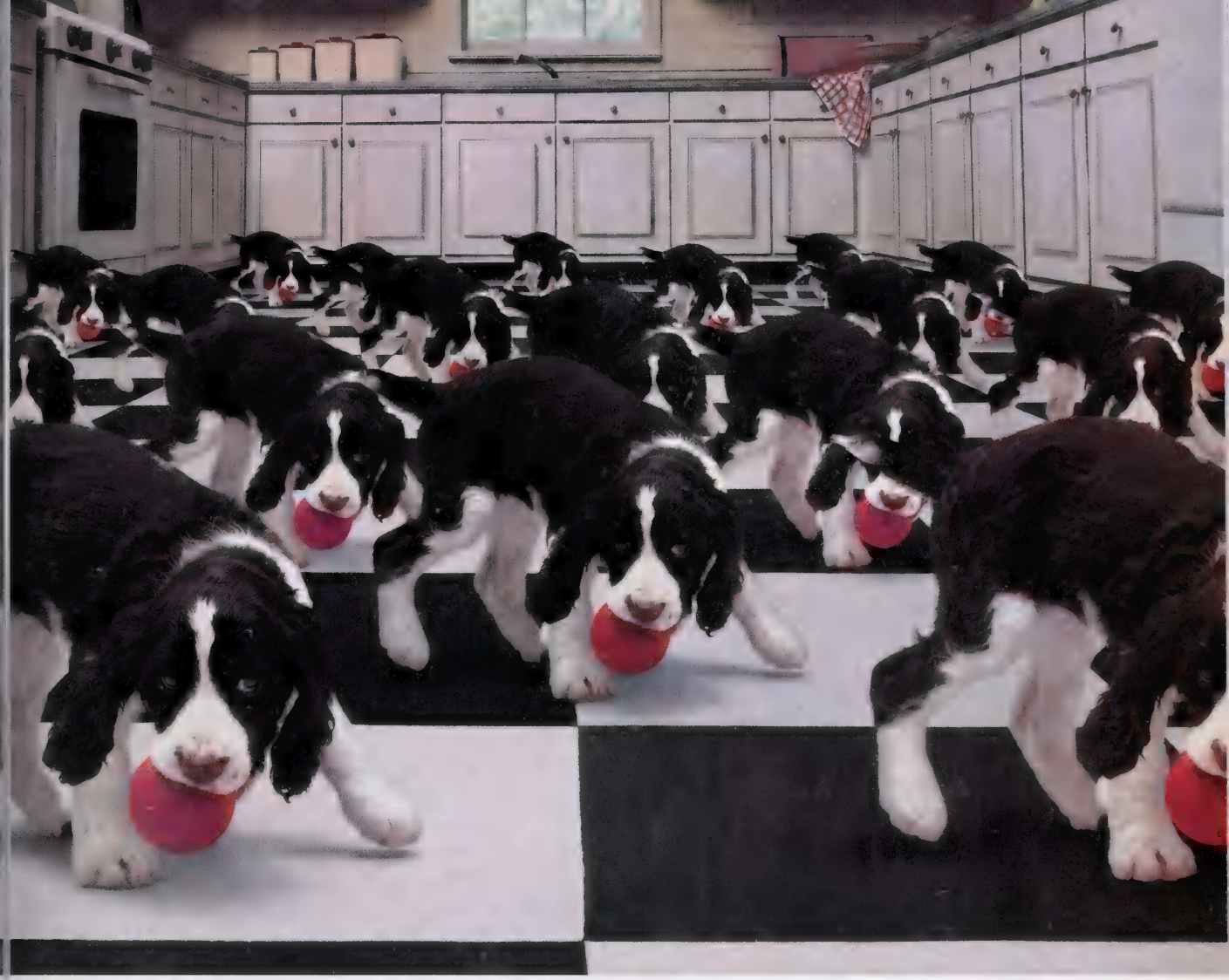

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PETAL POWER

■ This year, savvy gardeners will pass up pastels and opt for intense colors—like bright purple—and earth tones, such as orange and rose.

■ Tall flowers, such as hollyhocks and cosmos, will rise heads above the rest in popularity. Their versatility—they look great growing in your yard and also make beautiful springtime bouquets—make these blooms especially attractive.

■ Flowers reminiscent of Grandma's garden, such as sweet peas, nasturtiums and snapdragons, will also burst back in style.

HOW TO PICK A FLOWER

To make sure your blooms boom, choose plants that will adapt to the conditions in your yard. But be realistic; don't attempt to grow varieties that require more care than you have time to give. Here, some guidelines to help you select the perfect posies:

SHADY CHARACTERS While most plants will thrive in the sun, some actually prefer the shade. If you'd like to brighten a dark spot, try phlox, primulas, trillium, impatiens, hostas, begonias, browallia (a daisy-like plant) and coleus.

ONE-TIME BEAUTIES Annuals will bloom all season, but they must be planted every year. Once they're in the ground, though, they require very little care. Some good choices: petunias, marigolds, begonias, pansies, cosmos and cleone.

PRIMA DONNAS Perennials bloom year after year for part of each growing season, but they need more attention, including extra fertilizing. Some of the most popular: primroses, daylilies and hostas.

HOW TO PLANT

For new gardeners, it's easier to start with young plants rather than seeds. At your nursery, look for stocky, compact plants that have a healthy green color. If possible, avoid buying ones already in flower. They'll put on a better display if they blossom *after* you've planted them. Then, follow these planting tips:

1. Select a spot with the proper exposure for your flowers (see "How to pick a flower") and inspect the soil to make sure it has good drainage. To do this, dig a six- to eight-inch hole and fill it with water. The water should drain within one day.

2. Check the soil. Test its pH balance (to make sure it's neither too acidic nor too alkaline) with a do-it-yourself kit available at most garden centers, or send a soil sample to your local cooperative extension to be analyzed. They can also tell you whether your soil has the proper nutrients to help your plants thrive. If the soil is too acidic for what you want to grow, add lime to neutralize it; use sulfur or peat moss to help decrease any alkalinity.

Then, mix in a small amount of composted fertilizer (raw fertilizer is too strong and may burn plants). Till the earth with a trowel.

3. After placing seedlings in a hole (check with your garden center on depth and spacing) and covering the roots, make an indentation around the plant, and water inside the trough. Water every two to three days for three weeks. Then, check plants once or twice a week to see if they need moisture. In general, it's best to water less often and give the soil a good soaking than to give a plant frequent sprinklings that may not wet the roots sufficiently.

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Scented geraniums, with their velvety leaves and delicate pink and white blossoms, will quickly become your fairest flowers. They're easy to grow and will flourish in sun or shade, and in dry or humid conditions. Best of all, these geraniums have intoxicating perfumes; ours come in rose and lemon. Use them for potpourri, or bring some indoors to make your house smell springtime fresh. To order, turn to page 224

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TREES THAT ARE TOPS

Before selecting a certain variety, consider the landscape of your yard. Will the tree overshadow everything else? Will it block sunlight from your windows? Find out how fast the tree will grow and how tall it will be at maturity. If you'd like a flowering tree, remember that most bloom for only a short time each year. Consult gardening books or visit a public garden to make sure you'll like the tree when it's *not* in blossom.

Finally, don't simply buy the same kinds of trees your neighbors have. This kind of uniformity is not only boring, it can actually put the species at risk. (If one tree on your street becomes diseased or infested with pests, the entire block may be infected as a result; this is how the Dutch elm was virtually wiped out.) Choose a tree that will stand out from the crowd.

PLANTING TIPS

■ Select the proper location, taking size requirements into consideration; don't try to squeeze a big plant into a small space. Then evaluate the amount of sun the spot receives, the type of soil (is it sandy or claylike?) and its pH level. Check with a nursery to find out whether your tree will do well in these conditions.

■ Unpack the tree and soak it in water for six to twelve hours. (Never plant a tree with its packing material or allow its roots to dry out.)

■ Dig an extra-wide hole so the roots will have plenty of room to spread out. Place tree in hole.

■ Partially fill the hole, turning the soil around the lower roots. Then shovel in the remaining earth, and pack it firmly but not tightly.

■ Dig a two- to three-inch-deep ring around the border of the filled hole to hold moisture; water thoroughly.

■ Top off with a three-inch layer of organic wood chips. This eliminates competition with grass, keeps the soil moist and prevents you from hitting the tree with the lawn mower.

■ Water weekly, and fertilize monthly after all the leaves have appeared in the spring.

ASK THE TREE DOCTOR: R_x FOR COMMON TROUBLES

■ **WHEN A BOUGH BREAKS** If the branch has broken off completely, use sharp pruning shears or a saw to prune the tree back to the branch collar—the swollen area near the trunk—to help it heal correctly. If the branch is partially hanging from the tree, cut off the broken limb immediately to keep its weight from pulling bark off the trunk.

■ **YOUR TREE BECOMES INFESTED** Never try to treat a sick tree yourself by spraying it with pesticides; you may make matters worse. Instead, consult a specialist to find out what "illness" the tree has. Your local cooperative extension may be able to help you with this (for a minimal fee they can do a diagnostic test on a sample of the tree), or call a local tree doctor or arborist (many provide free estimates).

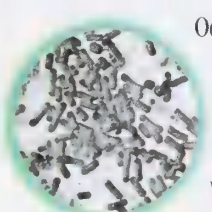
■ **LEAF LOSS OR DROOP** Trees often decline when owners change the level of the soil. Mounding the earth (to create a raised-off-the-grass effect) compacts the soil and limits the supply of water and oxygen to the tree's roots. Lowering the grade leaves the tree roots covered only by subsoil, which is less fertile. If either of these seems to be your tree's trouble, revert to the original soil level and water thoroughly. ■

LHJ SPECIAL OFFER

What could be better than a big shade tree to help you keep your cool this summer? We've discovered an all-new hybrid poplar that grows an astonishing eight feet a year and reaches a height of forty feet or more. These poplars need no special care, are disease-resistant and grow even in poor soils. They are also storm- and cold-resistant (to a temperature of 30° below zero), and will live for forty years or more. To order, turn to page 224

Experts consulted for this piece include: Nina Bassuk, Ph.D., director, Urban Horticulture Institute at Cornell University; Gary Koller, assistant director for horticulture at Harvard University's Arnold Arboretum; Eliot Roberts, director, the Lawn Institute; Charles Mazza, Cornell Cooperative Extension; Richard Schnall, director of horticulture, New York Botanical Gardens; Nona Koivula, National Gardening Bureau. Additional reporting by Vicky Kahn and Christine Sparta.

Like most creatures, bacteria have a preferred natural habitat.



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SHORT STORY

IT HAD WINGS

Who would ever guess that she'd entertain an angel in her own backyard? A fantastical story from the author of "Oldest Living Confederate Widow Tells All."

By Allan Gurganus

Find a little yellow side-street house. Put an older woman in it. Dress her in that tatty favorite robe, pull her slippers up before the sink, have her doing dishes, gazing nowhere—at her own backyard—gazing everywhere. Something falls outside, loud. One damp thwunk into new grass. A meteor? She herself (retired from selling formal clothes at Wanamaker's, a widow and the mother of three scattered sons, alone at home a lot these days) goes onto tiptoe, leans across a sinkful of suds, sees out near her picnic table something nude, white, overly long. It keeps shivering. Both wings seem damaged.

"No way," she says. It appears human. Yes, it is a male one. This old woman, pushing eighty, a history of aches, uses, fun, now presses one damp hand across her eyes. Blaming strain, the luster of new cataracts, she looks again. Still, it rests there on a bright air mattress of its own wings. Outer feathers are tough quills, broad at bottom as rowboat oars. The whole left wing bends far under. It looks hurt.

The widow, sighing, takes up her blue-willow mug of heated milk. Shaking her head, muttering, she carries it out back. She moves so slowly because: arthritis. It criticizes every step. It asks about the mug she holds, Do you really need this?

She stoops, creaky, beside what can only be a young angel, unconscious. Quickly, she checks overhead, ready for what? Some TV news crew in a helicopter? She sees only a sky of the usual size, a Tuesday sky stretched between weekends. She allows herself to touch this thing's white forehead. She gets a mild electric shock. Then, odd, her tickled finger joints stop aching. They've hurt so long. A practical person, she quickly cures her other hand. The angel grunts but sounds pleased. His temperature's a hundred and fifty, easy—but for him this seems somehow normal. "Poor thing," she says, and carefully pulls his heavy curly head onto her lap. The head hums like a phone knocked off its cradle. She scans for neighbors, hoping they'll come out, wishing they wouldn't, both.

"Look, will warm milk help?" She pours some down him. Her wrist brushes angelskin. It pulls the way an ice tray begs whatever touches it. A thirty-year pain leaves her, enters him. Even her liver spots are lightening. He grunts with pleasure, soaking up all of it. Bold, she presses her worst hip deep into crackling *(continued)*

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■ IT HAD WINGS

continued

feathers. The hip has been half-numb since a silly fall last February. All stiffness leaves her. He goes, "Unhh." Her griefs seem to fatten him like vitamins. Bolder, she whispers private woes: the Medicare cuts, the sons too casual by half, the daughters-in-law not bad but not so great. Those woes seem ended.

"Nobody'll believe. Still, tell me some of it." She tilts nearer. Both his eyes stay shut, but his voice, like clicks from a million crickets pooled, goes, "We're just another army. We all look alike—we didn't, before. It's not what you expect. We miss this other. Don't count on the next. Notice things here more. We wish *we* had."

"Oh," she says.

Nodding, she feels limber now, sure as any girl of twenty. Admiring her unspeckled hands, she helps him rise. Wings serve as handles. Kneeling on damp ground, she watches him staggering toward her barbecue pit. Awkward for an athlete, really awkward for an angel, the poor thing climbs up there, wobbly. Standing, he is handsome, but as a vase is handsome. When he turns this way, she sees his eyes. They're silver, each reflects her: a speck, pink, on green, green grass.

She now fears he plans to take her up, as thanks. She presses both palms flat to dirt, says, "The house is finally paid off—not just yet," and smiles.

Suddenly he's infinitely, infinitely more so. Silvery. Raw. Gleaming like a sunny monument, a clock. Each wing puffs, independent. Feathers sort and shuffle like three hundred packs of playing cards. Out flings either a knees dip low. Then up and off shoves, one solemn grunt. Mac swipes cross her backyard, breezes her upturned face. Six feet overh he falters, whips in makeshift cir manages to hold aloft, then go sh high, gutter-high. He avoids a m tangle of phone lines now rocking f the wind of him. "Go, go," the wi grinning, points the way, "Do. y good." He signals back at her, o mouthed and left down here. Fir glinting man-shaped kite, next an long of aluminum in sun. Now a moon shrunk to decent star, one fl fleck's memory: usual Tuesday sky

She kneels, panting, happier frisky. She is hungry but must rush over and tell Lydia next d Then she pictures Lydia's worryl bunching. Lydia will maybe phone missing sons. "Come right home. Y mom's inventing . . . company."

Standing, he is handsom but as a vase is handsome. When she tu this way, she sees his eyes. They're silver.

Maybe other angels have drop into other Elm Street backyards? hind fences, did neighbors help ea hurt ones? Folks keep so much of best stuff quiet, don't they.

Palms on knees, she stands, n wiry. This retired saleswoman was formal-gowns adviser to ten may wives. She spent sixty years of nine five on her feet. Scuffing indoors, staring down at terry slippers, she cides, "Got to wash these next we Can a person who's just sighted first angel already be mulling ab laundry? Yes. The world is like tha

From her sink, she sees her blue-willow mug out there in grass. It rests in muddy ruts where falling body struck so hard. A ne bor's collie keeps barking (it sa Okay. This happened. "So," she s And plunges hands into dishwa still warm. Heat usually helps achy joints feel agile. But fingers d even hurt now. Her bad hip doe pinch one bit. And yet, sad, they By suppertime, they will again rem her what usual suffering means. her nimble underwater hands, widow, staring straight ahead, nounces, "I helped. He flew off st ger. I really egged him on. Like body would have, really. Still, it me. I'm not just somebody in a ho I'm not just somebody *(contin*

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■ IT HAD WINGS
continued

alone in a house. I'm not just somebody else alone in a house."

Feeling more herself, she finishes the breakfast dishes. In time for lunch. This old woman should be famous for all she has been through—today's angel, her years in sales, her sons and friends—she should be famous for her life. She knows things, she has seen so much. She's not famous.

Still, the lady keeps gazing past her kitchen café curtains, she keeps studying her small, tidy yard. An anchor fence, the picnic table, a barbecue pit, new Bermuda grass. Hands braced on her sink's cool edge, she tips nearer a bright window.

She seems to be expecting something, expecting something decent. Her kitchen clock is ticking. That dog still barks to calm itself. And she keeps staring out, nowhere, everywhere. Spots on her hands are darkening again. And yet, she whispers, "I'm right here, ready. Ready for more."

Can you guess why this old's woman's chin is lifted? Why does she breathe as if to show exactly how it's done? Why should both her shoulders, usually bent, brace so square just now?

She is guarding the world.

Only, nobody knows. ■

SOUTHERN WRITER TELLS ALL

Allan Gurganus, a forty-four-year-old North Carolina native, says he writes about women because they have more to talk about than men. "When I was growing up men had a very limited subject matter—men could talk about cars, and money, and busines women. And women could talk about thing else." His best-selling first novel *est Living Confederate Widow Tells All* (1989), has as its unlikely heroine a tal ninety-nine-year-old woman.

Gurganus started writing while he stationed on an aircraft carrier durin Vietnam war, and he's written ever "It Had Wings" and the other stories his new collection, *White People,* were ten over the past twenty years, as h studying and teaching fiction at dif universities, among them the Univers Iowa, Duke and Stanford.

Most of the stories in *White People* on families and their struggles. "Le one family and founding another is rea subject of our lives," he says.

He says "It Had Wings" is based dream he had. He dreamed he heard a fall out of the sky and land with a "thu in the backyard. When he thought ab later, he says, "I had a suspicion that an angel, since it fell out of the sky."

Gurganus now lives in New York Cit Chapel Hill, North Carolina, and is at on another novel.

—SARAH M

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PARENTS' JOURNAL

A guide to child rearing in the nineties ■ When children get depressed ■ Streetwise kids

By Mary Mohler and Margery D. Rosen

WHEN THE BLUES JUST WON'T GO AWAY

AN ESTIMATED TWO TO THREE MILLION CHILDREN, MANY OF THEM YOUNGER THAN EIGHTEEN, SUFFER FROM DEPRESSION. WHY IS THIS HAPPENING—AND WHAT CAN PARENTS DO?

Most of the time, Michael, six, feels like crying, though he tries hard never to let anyone know. His parents have been divorced now for over a year, but they still seem to fight constantly. Things get really bad for Michael after he spends a weekend with his dad. He'll come home filled with a rage he can't explain and often ends up in a battle with his mom. Michael often just lies around the house, doing nothing. One day a teacher at school took him aside and asked in a gentle voice what was wrong. Michael couldn't stand it another minute. "I want to kill myself," he said, sobs filling his throat. "I just want to die."

Usually bubbly and energetic, these days ten-year-old Emily is either despondent and teary or combative. Every morning as her mother, Suzanne, tries to leave for work, Emily flies into a tantrum. On the days Suzanne manages to get her daughter to school, she inevitably receives a phone call from the nurse, telling her that Emily has a headache or a stomachache and wants to go home. Several trips to the pediatrician's office, however, revealed nothing physically wrong. After three months, Suzanne took her daughter to see a psychologist, to whom Emily finally revealed the source of her despair: One of the boys in class had been taunting her by calling her "fat butt," and the others had picked up the chant. Emily was distraught—and helpless to do anything about it.

Scott, nine, has struggled with asthma since he was a baby. Though the condition has improved greatly—his doctors, in fact, told him he could pretty much resume normal activity—Scott still feels different. He's anxious about overexerting himself and worries that he'll trigger an attack. Certain that the other kids must think he's strange, he spends most of his time alone. But one day in the school lunchroom, when another child cut ahead of him in line, Scott exploded. He shoved the boy out of the way so hard that the youngster fell and chipped a tooth. "I got mad," said Scott, when asked why he did it. "I just got mad."

Three very different children, with one thing in common. Michael, Emily and Scott are all depressed.

According to the National Institute of Mental Health (NIMH), two out of every hundred children under the age of twelve suffer from some form of depressive illness, much of which goes unrecognized and therefore untreated.

Unfortunately, most parents either don't understand what childhood depression is or believe that youngsters are not really capable of being depressed. "We all want to imagine childhood as a carefree time; we don't want to think that a child's inner life could be filled with anger, anxiety or sadness," says A. Reese Abright, *(continued)*

THE WARNING SIGNS

If your child exhibits a number of the symptoms below for more than two weeks, you may want to consider professional help. Call your pediatrician for a referral, or contact a medical school or teaching hospital for the name of a professional who specializes in treating children and adolescents. The first step should be a comprehensive medical evaluation to rule out any physical problems.

■ NEGATIVE SELF-IMAGE Depressed children don't like themselves and may frequently make self-disparaging comments or assume responsibility for problems that were not their fault.

■ LOSS OF INTEREST IN PREVIOUSLY ENJOYED ACTIVITIES Even when playing with a favorite toy or working on a project for his best subject in school, a depressed child may seem bored and apathetic.

■ CHANGE IN SLEEP HABITS Does a child suddenly resist going to sleep or suffer frequent nightmares? Does a child never want to get up in the morning, seem lethargic and prefer to nap rather than play?

■ CONCENTRATION DIFFICULTIES A depressed child may have trouble paying attention in school or at home. He may be easily distracted; his grades may drop.

■ IRRITABILITY Do minor frustrations spark tantrums or irritation over a long period of time? Does the child cry easily? On the other hand, has she displayed unusually aggressive behavior toward others?

■ CHANGE IN APPETITE Does a good eater now push food away? Has there been a significant drop in weight?

■ INCREASE IN RISK-TAKING BEHAVIOR Does the child seem to be unaware of—or to ignore—basic safety rules? Does he seem more accident-prone?

■ UNEXPLAINED PHYSICAL SYMPTOMS A depressed child may suffer repeated headaches or stomachaches for which no physical cause can be found.

■ TALK OF DEATH AND SUICIDE While most children do not follow through with such threats, never ignore them. Parents should try to get the child to say what's troubling him and reassure the child that they will not let him hurt himself.

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(continued) M.D., chief of child and adolescent psychiatry at St. Vincent's Hospital and Medical Center in New York City.

Psychologist Antoinette Saunders, Ph.D., a family therapist who works with depressed children and directs the Capable Kid Program in Evanston, Illinois, believes that even good parents are often so distracted or preoccupied with their own marriages, jobs and the daily strains of raising a family today that they're unable to see that their children are depressed.

While major depression in children is a serious medical condition (diagnosed through a comprehensive physical and psychological evaluation), it is relatively rare. More common are depressive feelings that come and go for months, even years. But, just as there is no one cause of depression in adults, experts believe that a combination of factors is responsible for depression in young people.

"Often, there's a strong familial connection," says Abright. "A child who is depressed is more likely to have parents or other close relatives who have suffered from depression." (There may actually be a biochemical link to childhood depression—though experts are still debating to what extent this connection manifests itself.)

Social factors also play a role: The death of a loved one, divorce (as in Michael's case), or adjusting to a new "blended" family or to any physical illness or handicap, such as Scott's chronic asthma—all can be associated with depression. And all these factors are exacerbated by stress.

The trouble is, many times parents don't appreciate the things that can trigger stress in a child. "Moving to a new neighborhood, starting junior high school, the competition to make the team or the honor society, can all place profound stress on a child," says Abright. "If he or she is predisposed to depression, such strain can sometimes push a child to the emotional edge."

In many cases, depression goes unrecognized. A quiet, withdrawn youngster is often thought of as a "good" child, when he may actually be depressed. Conversely, an aggressive, belligerent child who is constantly getting into fights may simply be labeled a behavior problem and disciplined more strongly—when what he also needs is counseling to combat depression.

Then, too, just as depression in adults can manifest itself in seemingly unrelated symptoms, the same thing can happen in children. Headaches, stomachaches, back or neck pain, and nail-biting may be stress-related symptoms.

That's what happened to Emily. While other children might have ignored the bully's taunts, Emily took them to heart. Since she also felt too embarrassed to talk to her parents about it, she held the pain inside. Soon she was suffering from mysterious ailments that no doctor could diagnose. After seeing a psychologist for two months, her self-confidence has skyrocketed, and she looks forward to school.

"The good news," says Abright, "is that even children who are severely depressed can be helped." Michael, the child who wanted to kill himself, was referred immediately to a crisis intervention center at a local hospital. A psychiatrist met with him and his parents daily for several weeks, then twice a week. Now Michael is happier and better able to handle his emotions.

"It's important for parents to know that depression in children is a real illness," says Abright "But it's a treatable one. Depressed children don't necessarily grow up to be depressed adults," Abright adds, "but they may well continue to have the tendency, the vulnerability, toward depression."

Treatment for depressed children is varied. It may involve traditional talk therapy, play therapy (in which practitioners are specially trained to use play, drawing, music and other activities to draw out a child's innermost feelings) as well as counseling sessions with the child's parents, teachers and physician.

All experts point out that, if a child is depressed, it's critical that parents not compound the problem by feeling guilty. "When mothers and fathers blame themselves for their child's emotional problems, I remind them that it's easy to say, with the benefit of hindsight, 'I should have known, I should have seen.' " says Saunders. "The truth is, as a parent, you're right in the middle of a trying situation; it's very difficult to see. Instead, praise yourself for recognizing that there is a problem—and for taking steps to correct it."

WHAT CAN PARENTS DO?

Therapists who work with depressed children and their families try not only to bolster self-esteem but to teach kids problem-solving techniques. Here, some advice you can follow at home:

■ LOVE YOUR KIDS It sounds simple, but we're often so busy that we fail to let our children know how much we really love them. So tell them often, give a hug, leave a little note in their lunch box that says, "I think you're terrific."

■ LISTEN WITHOUT EDITING THEIR COMMENTS Try to set aside a special time each day—fifteen minutes before bedtime can yield quiet, intimate moments—to let your child talk. Don't correct or tell her what she should have done or said. Just listen.

■ TEACH THEM TO SOLVE THEIR OWN PROBLEMS If your child is upset about something, first sit down together and try to get him to relax. Then have him tell you exactly how he sees the problem. Ask open-ended questions: What do you think you can do now? What else can you do? Once kids develop the self-confidence to think of ideas on their own, they're better prepared to tackle problems.

For free info about depressive illnesses, write: National Institute of Mental Health, Depression, Department J, Rockville, MD 20857.

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PARENTS' JOURNAL

WATCH OUT!

DO YOUR KIDS KNOW HOW TO CROSS THE STREET SAFELY?

Children between the ages of three and twelve are more likely to die in a pedestrian accident than from any other type of injury. Yet parents fail to realize how dangerous it is to cross a street, and many believe their children are more adept at negotiating a busy intersection than they really are.

"Pedestrian accidents are the single leading cause of injury and death to school-age children," says Katherine Christoffel, M.D., M.P.H., associate professor of pediatrics at Northwestern University Medical School, who has been studying childhood pedestrian injuries. The National Highway Traffic Safety Administration reports that in 1988 (the last year for which figures are available) more than thirty thousand children under fourteen were injured by motor vehicles; over one thousand died.

According to a recent study by Fred Rivara, M.D., director of Harborview Injury Prevention and Research Center, in Seattle, only a small number of those injuries are the result of drunk driving or other motorist violations. "Most happen because kids dart in front of cars," says Rivara.

So how do you know when your child is old enough to cross the street by himself? Though many parents give their five-year-olds permission to cross unassisted, Rivara and other experts believe the magic number is around nine. "Children younger than that don't have the ability to judge how far away a car is and whether they have time to make it across," says Rivara. What's more, many can't remember what they're supposed to do from one crossing to another. They may do it once correctly but forget the next time.

How can you make sure your child doesn't become another statistic?

- Show her step-by-step how you cross the street, and drill her constantly to make sure she understands. Tell her to stop at the corner, look left and then look right, then left again, says Rivara—and continue to do so as she crosses. If there's a parked car, caution her to inch up and peer around it.
- Watch your child cross alone and evaluate his skills in several different situations. Start on a quiet street in your neighborhood; graduate to busier streets and intersections.
- Caution your child to pay attention to what she's doing the entire time she's crossing the street. "Kids, especially in a group, are easily distracted," notes Rivara. "Though parents think kids walking with a bunch of classmates are safer, they're not."
- Make sure a child understands that if he has the slightest doubt about making it across in time, he should wait. If the Don't Walk sign is flashing, children should heed it—even if others next to them are making a last-minute dash. —JONI H. BLACKMAN

PEDIATRIC HEALTHLINE

■ My two-year-old jumped off a bench and turned her ankle sharply. So far, it doesn't appear to be swollen or black and blue, but she can't walk on it without limping. Could it be broken? Should I have it X-rayed?

Yes, the ankle could be broken. While the usual signs of a broken bone or fracture are swelling, bluish discoloration and point tenderness, it is possible for a bone to be broken and not be accompanied by any of the above. An X-ray, therefore, is appropriate and will possibly help in the management of the ankle.

The most likely cause of your two-year-old's pain, however, is a severe sprain to the ankle. A sprain usually involves a lesser trauma to the bone, which causes pain, and may imply some damage to the cartilage; it differs from a strain in that a strain implies merely that ligaments have been stretched—but not broken. Sprains of the joint may actually be more painful and frequently require a longer rehabilitative period than a fracture.

In all cases, parents should immediately apply ice to the affected area, then call the doctor. In the case of a strain or sprain, you may be advised to wrap the ankle with an elastic bandage and elevate to prevent swelling. —Joseph Chiaro, M.D.

ASK THE DOCTOR

Got a question about your child's health? Ask the doctors on the Pediatric Healthline of the Arnold Palmer Hospital for Children and Women, in Orlando, Florida. Call 800-727-9434 the first Wednesday of every month between six P.M. and nine P.M. Eastern time. This month's healthline is on March 6.

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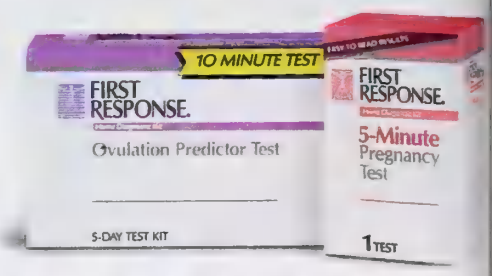

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One test is worth a thousand guess

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*FIRST RESPONSE® Pregnancy Test is not meant to replace a doctor's examination.
†FIRST RESPONSE® Ovulation Predictor Test is not effective as a contraceptive.

IT'S A GROWING WORRY FOR ALL OF US: THE HIGH PRICE OF GETTING AND STAYING WELL. WHY ARE

THE CRUSHING COST OF HEALTH CARE

MEDICAL BILLS SKYROCKETING? IS THERE ANYTHING WE CAN DO ABOUT IT? TO FIND OUT, THE JOURNAL SPOKE TO THE EXPERTS. HERE IS OUR REPORT. IT IS ONE THAT EVERY AMERICAN FAMILY MUST READ.

BY ANDREA ROCK

When a nine-month-old girl in Hayward, California, developed a high fever four years ago, her parents took her to a local clinic. A doctor diagnosed an ear infection, prescribed antibiotics and sent the family home. The overburdened facility at first seemed the couple's only choice: Unable to afford private health insurance, they relied upon Medicaid, and the clinic was one of the few places that would accept it.

The child's fever persisted, but her parents could find no doctor with time to see them. Over the next ten days, as their baby's condition worsened, they were shunted from one emergency room to another, without ever finding out just what was wrong.

Then, recalling an ad they had seen for Children's Hospital in Oakland, the desperate mother and father rushed the little girl there. At last, doctors correctly diagnosed her illness: a severe case of meningitis.

Tragically, the delays meant that the baby had by then become unable to move her arms and legs and was severely brain damaged. "What happened to this baby shouldn't happen to any child," says Scott Hamstra, the pediatrician who finally treated her at Children's Hospital.

"She got bounced all over the health-care system because she didn't have the right kind of insurance. If she had had a regular physician, she would have been hospitalized much more quickly. Like most other children with this disease, she would have come out of it with no brain damage or, at worst, only hearing loss."

This story would be shocking in any country, but it is a disgrace in the United States, which devotes more than $600 billion annually to health care—the biggest such expenditure in the world. Though our health-care spending per citizen is 38 percent more than Canada's, twice Japan's and almost three times Great Britain's, our infant-mortality rate is higher than any of those nations—and our average life expectancy is no better than theirs.

A SHOCKING RISE IN JUST TEN YEARS, THE NATIONAL BILL FOR HEALTH-CARE SPENDING—BY GOVERNMENT, PRIVATE INSURERS AND ORDINARY PEOPLE—HAS GONE UP AN ASTONISHING 163 PERCENT.

Source: Families USA

Not only is our health-care system expensive and inefficient, it's often inadequate, too. Thirty-two million Americans have *no* health insurance whatsoever. And those of us who *are* insured find our policies costing more and more, only to cover less and less.

Yet, since 1980, our health-care costs have vaulted an astonishing 163 percent. Fueled in part by the increasing number of elderly people, and by the AIDS epidemic, which is expected to cost $17 billion annually by the mid-1990s, our national medical bill is expected to triple by the year 2000. That's what the federal government says; private estimates are even higher.

Alarmed by the grumbling of dissatisfied voters, federal and state lawmakers have been trying to slow down galloping health-care inflation. Some legislative measures are well-intentioned attempts to fix fundamental flaws: New federal laws aim to encourage preventive care, and several states have moved to make inexpensive insurance policies available to people who have no coverage.

But other changes have been shortsighted and could drive costs even higher, such as the repeal of a 1989 law to provide catastrophic-care insurance for bills not covered by Medicare.

Still other trends seem downright frightening—and could eventually limit the access of many Americans to medical care. Oregon, for example, has developed a rationing plan for its Medicaid patients; it will pay only for procedures approved by the legislature. Critics say the plan puts life-and-death decisions in the hands of politicians, but supporters contend that it's better to have carefully designed rationing than the haphazard, unacknowledged form that currently exists.

"In our county emergency rooms, we've had uninsured people waiting nine to fifteen hours for care," says Mary King, president of the board of supervisors in Alameda County, California. "De facto rationing of medical services based on your ability to pay is going on not only in this county but in every county in the nation."

Legislators aren't the only ones who are trying to cut health-care corners; employers are, too. Alarmed by the cost of providing for workers in the current economic downturn, many companies are radically changing their insurance plans.

(continued)

eautiful hand is equal to the sum of its parts.

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It's the treatment that equals beautiful hands.

COST OF HEALTH CARE
continued

"We can no longer be passive payers of soaring employee health-care bills," says Gary Yeaw, director of employee benefits at Allied Signal, Inc., which revamped its health-care plan to save more than $200 million over a three-year period.

What this means, of course, is that employees and their families are paying more for their health insurance—and getting less of it. Ten years ago, 90 percent of workers in the U.S. who had insurance could go to any doctor they chose and undergo whatever procedure was deemed necessary, knowing that their coverage would pay. Today, just 60 percent of workers who are insured have that kind of plan, and the number is likely to drop even further, to 15 percent by the year 2000, according to Ian Morrison, a health-care specialist at Institute for the Future, a research organization in Menlo Park, California.

These days, many people's policies require that patients visit only those doctors who have negotiated the most favorable fees. Companies are also making employees pay part of the premium, imposing higher deductibles—and even eliminating coverage altogether for dependents.

How did our medical system get in this mess? Primarily, for these four reasons:

1) An inconsistent reimbursement structure that forces hospitals and doctors to cut some costs but allows them to charge whatever they want in other cases—and even to bill fraudulently.

2) A fixation on high-tech, high-cost medicine rather than preventive care.

3) A medical "star system" that encourages prospective doctors to choose big cities and lucrative branches of the profession.

4) A rising number of elderly patients whose needs are great.

While experts disagree on exactly what treatments to prescribe, they are unanimous in one opinion: America's health-care system is in critical condition and heading for a breakdown.

Joseph Califano—the former Secretary of Health, Education and Welfare and current chairman of a committee formed by Chrysler Corporation to control its health-care costs—predicts that unless something is done soon, "workers and retirees will lose their employer-based coverage or have it drastically reduced, Medicare beneficiaries will wait in line for lower-quality care, millions will continue to be denied access to basic health care, and only the wealthiest Americans w able to afford long-term care."

Here, a diagnosis of the system ments—and some possible cures.

1) THE GREAT REIMBURSEMENT RACKET

Hospitals: pass the red tape

Much of the health-care system's ficiency was built in. In 1965, gress approved two new programs were supposed to increase Amer ability to afford adequate health Medicare, funded by the federal ernment, was designed to provide a imum level of health insurance fo disabled and those aged sixty-fi older; Medicaid was created to d same for the poor, using state an eral funds administered by each

Under each system, hospitals doctors billed the government for and procedures, and were then bursed. For their part, Medicar tients, who are often covered by a er insurance plan, paid a deduc Medicaid patients paid nothing.

But as costs for the programs ex ed, Medicare shifted in 1983 to a reimbursement system, know "prospective payment," in an eff reduce hospitalization costs.

Here's how it was supposed to

are listed several hundred di-
es and treatments and specified
nount they would pay for each.
the taxpayers still didn't get a
. For example, if the Medicare
ice for a hospital stay after a
placement was $6,000 and the
al spent *less* than that, the hos-
kept the surplus, supposedly to
hem an incentive to economize.
patient care cost more than
), though, the hospital had to
. loss.
pitals soon learned how to re-
hose losses, as well as losses for
ng the uninsured. They raised
ees for patients who pay via *pri-*
nsurance plans, and they began
ng more for some procedures,
is cataract surgery, that could be
med on an outpatient basis—and
not subject to cost-containment.
act, one survey by a consulting
Corporate Health Strategies, in
Haven, Connecticut, found that
983 through 1988, *inpatient* hos-
services for standard treatments
ed by 25 percent, while *outpa-*
osts rose 142 percent.
l, hospitals weren't all getting
They found themselves paying
for administration, due to the
s red tape involved in obtaining
ursement. Every item used by patients—down to a packet of aspirin—has a separate billing tag that must be attached to the patient's chart. These bits of information then go to the hospital billing office, where each is recorded along with a list of other charges. That means that hospital bills frequently run ten to twenty pages—and every item on every bill is often reviewed at least once more by someone in the tangle of fifteen hundred private and government insurers.

All this bureaucracy adds up to a lot of money. It costs hospitals $75 million annually just to photocopy medical records to send to Medicare authorities, according to Steffie Woolhandler, M.D., assistant professor of medicine at Harvard Medical School and founder of Physicians for a National Health Program.

It's no wonder, then, that the U.S. spends about twenty-three cents of every health-care dollar on administrative costs—more than any other country. The final irony: The number of health-care administrators is rising three times faster than the number of doctors.

Physicians: paging Dr. Greed

The reimbursement racket virtually *invites* creative billing—and many M.D.s have not been reluctant to accept.

Kristin Barstad, a medical secretary, found that out firsthand. Six years ago, the cancer specialists she worked for began investing in diagnostic testing centers and other medical facilities.

Barstad, who testified before a Congressional hearing, says she noticed that more patients were being referred for procedures—to the facilities in which her bosses had invested.

One of their centers tested women to determine their risk of developing osteoporosis—bone loss that primarily affects elderly women. "Before the doctors invested in this center, we had never sent women anywhere to have these bone scans done," Barstad says now. "But suddenly they began referring terminal cancer patients to their center. These were women who would never live to develop osteoporosis."

A nonmedical imperative seemed to be at work, says Barstad. "The physician in charge of this facility would say to me on the phone when he called to speak with one of the doctors, 'Make sure those guys are sending patients over for scans.' "

Experts say this investor-physician phenomenon has become especially widespread during the past ten years. Explains Mark Cooper, *(continued)*

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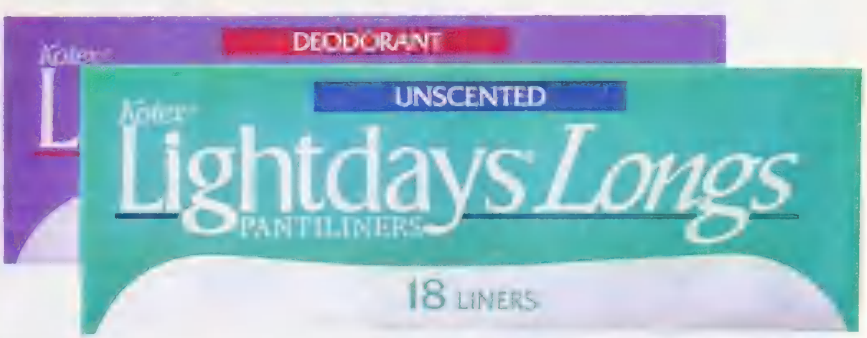

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(continued) research director at the Consumer Federation of America, a national advocacy group, "A technological revolution occurred that made lab equipment smaller so it could be set up anywhere—just at the time efforts to reform Medicare payment schemes sent doctors looking for ways to guard their income. Their referrals guarantee business."

At least one out of eight doctors nationwide has money invested in the facilities to which they refer patients, according to a study by the Inspector General of the U.S. Department of Health and Human Services. Physicians also own one out of four lab and treatment centers. Furthermore, the study found that the patients of such doctors receive 45 percent more tests than others. The excess cost, for Medicare alone, in 1987: an estimated $28 million.

Of course, profit isn't the *only* reason doctors order superfluous tests: Fear plays a part as well. A recent American Medical Association (AMA) survey revealed that 75 percent of the doctors polled order more tests than are medically indicated because they're afraid of being sued. Such defensive practices could add as much as $50 billion annually to the nation's healthcare bill, according to the AMA.

But there's nothing defensive—or defensible—about another financial abuse among doctors: the artful manipulation of something called Current Procedural Terminology codes. These classify, according to number, more than seven thousand medical procedures; doctors have to use them when they submit bills to insurers. In a technique called "unbundling," physicians pad the bills by coding a single procedure as several separate ones.

George Markle IV, a surgeon in Carlsbad, New Mexico, recalls an example of unbundling in his hometown: A family doctor diagnosed a patient with appendicitis in the emergency room and called in a young surgeon, who agreed with the diagnosis and operated within the hour.

The surgeon charged $865 for the operation, $125 for coming to the emergency room (although the family doctor had charged just $45 for his exam, and he was the one who made the diagnosis) and $95 for "admitting" the patient—a total of $1,085. A reasonable fee, Markle says, would have been $650 as a single charge for the entire process.

Says Laurens P. White, M.D., former president of the California Medical Association, "A good estimate is that 30 percent of doctors are overbilling all of the time."

Abuses like these have drawn embarrassed rebukes from other members of the profession. "Physicians are not immune to the pandemic caused by the greed virus," one doctor remarked last year in an editorial in the *Journal of the American Medical Association.*

Adds White, "The honest doctors who know about it but keep quiet are tacitly accepting thievery as the modus operandi for the medical profession."

2) HIGH-TECH HYPE

Sometimes it seems as if medical technology has made miracles almost routine; hardly a week passes without news of another breakthrough. But these discoveries are not unmixed blessings; our high-tech obsession has a very high cost.

Hospitals often scramble to buy the latest equipment, fretting that if they don't, their surgeons and other specialists will be lured away, taking patients with them.

In Cleveland, for instance, the average hospital now has magnetic resonance imaging (MRI) machines, which perform tests that are similar to, but more advanced than, CAT scans. "A few would be enough to serve patients' needs," says John Banwell, M.D., of the Case Western Reserve University School of Medicine there. "With so many of these machines, there is almost bound to be misuse or overuse. Physicians don't want to miss the latest advance; the medical-supply industry is trying to sell as much as they can. It's like the military-industrial complex, with the two feeding on each other."

Experts also contend that we spend too much time and money prolonging people's lives for a few extra days, weeks or months—at the expense of lower-cost preventive techniques that can help give more people longer lives.

"The constant TV coverage of [Barney Clark's] artificial-heart operation, in 1982, was the ultimate example of our wrong-headed focus on high-tech," says Quentin Young, M.D., who teaches preventive medicine at the University of Illinois College of Medicine, in Chicago. "It was wrong to convey the message that the solution to the terrible carnage of heart disease is going to be through artificial hearts. It's not going to happen that way but through hard-grinding, everyday efforts: getting more exercise, cutting down on fats and stopping smoking." *(continued)*

WHERE YOUR MONEY GOES

BECAUSE THE HEALTH-CARE SYSTEM IS SO HUGE AND UNWIELDY, A LARGE PART OF EVERY DOLLAR SPENT ON IT DOES NOT GO DIRECTLY TO MEDICAL TREATMENT. HERE, A PENNY-BY-PENNY BREAKDOWN OF WHAT EACH DOLLAR *IS* SPENT ON:

Source: Steffie Woolhandler, M.D., assistant professor of medicine, Harvard Medical School, using data compiled by the federal Health Care Financing Administration

One out of four women over 50 will get osteoporosis.

To help avoid being one of them, call 1 800 333-5538.

After 50, a woman begins losing her natural defense against osteoporosis...estrogen.

Estrogen, together with calcium, can play an important role in keeping your bones strong. As you reach menopause, your estrogen levels begin to drop, and you become increasingly at risk of developing weakened bones and potentially crippling fractures.

Taking low dose **PREMARIN®** (conjugated estrogens tablets) is the single most effective way to prevent osteoporosis after menopause.

Premarin® is estrogen obtained exclusively from natural sources, and has been used and trusted by women and physicians for nearly 50 years.

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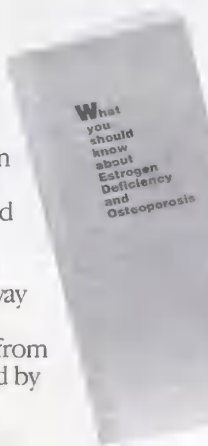

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We'll send you a brochure that tells you what you should know about estrogen, menopause, and osteoporosis. Then, we strongly suggest you visit your doctor, since taking any drug may involve some chance of side effects, and only a doctor can tell you whether Premarin is right for you. In fact, we'll even send you a certificate you can redeem for a free exercise videotape after you make that important visit. Just call the toll-free number above or write: Premarin Osteoporosis Information Center, Box 5201, Miami, FL 33102

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COST OF HEALTH CARE
continued

3) THE $PECIALTY SYNDROME

When Daniel Rissi needed two more physicians to help him and his partner run their family practice at the Island Medical Center in rural Stonington, Maine, he knew they'd be tough to find. So he was relieved when two doctors agreed to work there—after a search that lasted a mere eighteen months. "It's not uncommon for rural areas to search three to four years to find physicians," says Rissi.

"Medical students today expect much greater income to start with than most of those in my generation did," continues Rissi, thirty-nine. "They are much more aware about what they can expect to draw in different regions."

Those expectations have made it virtually impossible for the medical establishment to solve some of its most persistent problems: too few doctors in rural enclaves, too many doctors in urban areas—and too many specialists overall.

Beginning in the mid-1960s, medical schools deliberately admitted more students for two reasons: first, to produce more doctors who would work in underserved areas; second, to make competition for patients tougher. This competition, the experts theorized, would lower costs.

They were wrong on both counts.

Today, the regional distribution of physicians is still uneven. There is a high of 637 physicians per 10 people in Washington, D.C., and of 139 in the largely rural sta Mississippi and Idaho. In part, th crepancy is due to money. In the try, there are simply fewer pa covered by private insurers.

Meanwhile, although the total ber of doctors has increased, fee higher than ever. Why? Becaus definition, a lot of medical consu are sick, and in no mood for com son shopping. "The consumer d decide what he's going to spend doctor does," says Ian Morrison.

Money also influences the *kin* medicine a prospective doctor ch to practice. For years now, govern and private insurers have reimbu surgeons and *(continued on page*

Please see an important message about osteoporosis prevention on the previous page.

BRIEF SUMMARY *(FOR FULL PRESCRIBING INFORMATION AND PATIENT INFORMATION, SEE PACKAGE CIRCULARS.)*

PREMARIN® Brand of conjugated estrogens tablets, USP
PREMARIN® Brand of conjugated estrogens Vaginal Cream, in a nonliquefying base

1. ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA. Close clinical surveillance of all women taking estrogens is important. Adequate diagnostic measures including endometrial sampling when indicated should be undertaken to rule out malignancy in all cases of undiagnosed persistent or recurring abnormal vaginal bleeding. There is currently no evidence that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.
2. ESTROGENS SHOULD NOT BE USED DURING PREGNANCY. Estrogen therapy during pregnancy is associated with an increased risk of congenital defects in the reproductive organs of the male and female fetus, an increased risk of vaginal adenosis, squamous-cell dysplasia of the uterine cervix, and vaginal cancer in the female later in life. The 1985 DES Task Force concluded that women who used DES during their pregnancies may subsequently experience an increased risk of breast cancer. However, a causal relationship is still unproven, and the observed level of risk is similar to that for a number of other breast cancer risk factors.
There is no indication for estrogen therapy during pregnancy. Estrogens are ineffective for the prevention or treatment of threatened or habitual abortion.

DESCRIPTION: PREMARIN (conjugated estrogens, USP) contains a mixture of estrogens, obtained exclusively from natural sources, blended to represent the average composition of material derived from pregnant mares' urine. It contains estrone, equilin, and 17α-dihydroequilin, together with smaller amounts of 17α-estradiol, equilenin, and 17α-dihydroequilenin as salts of their sulfate esters. Tablets are available in 0.3 mg, 0.625 mg, 0.9 mg, 1.25 mg, and 2.5 mg strengths of conjugated estrogens. Cream is available as 0.625 mg conjugated estrogens per gram.

INDICATIONS AND USAGE: Moderate-to-severe vasomotor symptoms associated with the menopause. (There is no evidence that estrogens are effective for nervous symptoms or depression which might occur during menopause and they should not be used to treat these conditions.) Prevention and management of osteoporosis (abnormally low bone mass). Atrophic vaginitis. Atrophic urethritis. Hypoestrogenism due to hypogonadism, castration or primary ovarian failure.

PREMARIN (conjugated estrogens) Vaginal Cream is indicated in the treatment of atrophic vaginitis and kraurosis vulvae.

PREMARIN HAS NOT BEEN SHOWN TO BE EFFECTIVE FOR ANY PURPOSE DURING PREGNANCY AND ITS USE MAY CAUSE SEVERE HARM TO THE FETUS (SEE BOXED WARNING).

CONTRAINDICATIONS: Estrogens should not be used in women (or men) with any of the following conditions: 1. Known or suspected pregnancy (see Boxed Warning). 2. Known or suspected cancer of the breast except in appropriately selected patients being treated for metastatic disease. 3. Known or suspected estrogen-dependent neoplasia. 4. Undiagnosed abnormal genital bleeding. 5. Active thrombophlebitis or thromboembolic disorders. 6. Estrogen replacement therapy has not been reported to increase the risk of thrombophlebitis and/or thromboembolic disease. However, there is insufficient information regarding women who have had previous thromboembolic disease.

PREMARIN Tablets and Vaginal Cream should not be used in patients hypersensitive to their ingredients.

WARNINGS: Some studies suggest a possible increased incidence of breast cancer in women taking higher doses of estrogen for prolonged time periods. The majority of studies have not shown an association with usual estrogen replacement doses. Endometrial cancer risk among estrogen users was about 4-fold or greater than in non-users, and appears dependent on treatment duration and estrogen dose. In patients on combined estrogen-progestin therapy, this risk appears to be decreased. (See PRECAUTIONS below.)

Estrogen therapy during pregnancy is associated with an increased risk of fetal congenital reproductive tract disorders.

A 2.5-fold increase in the risk of surgically confirmed gall bladder disease in women receiving postmenopausal estrogens has been reported.

Large doses of estrogen such as those used to treat prostate and breast cancer have been shown to increase the risk of non-fatal myocardial infarction, pulmonary embolism, and thrombophlebitis in men. This cannot necessarily be extrapolated to women. However, to avoid theoretical cardiovascular risk caused by high estrogen doses, the doses for estrogen replacement therapy should not exceed the recommended dose.

Blood pressure should be monitored with estrogen use, especially if high doses are used.

Estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases.

PRECAUTIONS: The addition of a progestin for 7 or more days of a cycle of estrogen administration reportedly lowers the incidence of endometrial hyperplasia. Studies of endometrium suggest that 10 to 13 days of progestin are needed to provide maximal endometrial maturation and elimination of hyperplastic changes. Additional risks, such as adverse effects on carbohydrate and lipid metabolism, may be associated with the inclusion of in estrogen replacement regimens. The choice of progestin and dosage may be important in minim adverse effects.

Physical examination and complete medical and family history should be taken prior to the initia estrogen therapy with special reference to blood pressure, breasts, abdomen, and pelvic organs, a include a Papanicolaou smear. As a general rule, estrogen should not be prescribed for longer tha without another physical examination being performed. Conditions influenced by fluid retention, such epilepsy, migraine, and cardiac or renal dysfunction, require careful observation. Certain patients m manifestations of excessive estrogenic stimulation, such as abnormal or excessive uterine ble mastodynia. Pre-existing uterine leiomyomata may increase in size during estrogen use. Estrogens used with care in patients with impaired liver function, renal insufficiency, or metabolic bone diseases with hypercalcemia.

The following drug/laboratory test interactions have been reported, some only with estrogen combinations (oral contraceptives):

1. Increased prothrombin and factors VII, VIII, IX, and X; decreased antithrombin 3; increased norep induced platelet aggregability.
2. Increased thyroid binding globulin (TBG) leading to increased circulating total thyroid ho measured by T_4 levels determined by column or by radioimmunoassay. Free T_3 resin uptake is reflecting the elevated TBG; free T_4 concentration is unaltered.
3. Impaired glucose tolerance.
4. Reduced response to metyrapone test.
5. Reduced serum folate concentration.

MUTAGENESIS AND CARCINOGENESIS: Long-term, continuous administration of natural an estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina

PREGNANCY CATEGORY X: Estrogens should not be used during pregnancy. See **CONTRAINDI** and Boxed Warning.

NURSING MOTHERS: As a general principle, the administration of any drug to nursing mothers shou only when clearly necessary since many drugs are excreted in human milk.

ADVERSE REACTIONS: The following have been reported with estrogenic therapy: changes in vagin pattern and abnormal withdrawal bleeding or flow, breakthrough bleeding, spotting, increase in size fibromyomata, vaginal candidiasis, change in amount of cervical secretion; tenderness or enlargement nausea, vomiting, abdominal cramps, bloating, cholestatic jaundice; chloasma or melasma that may p drug is discontinued, erythema multiforme, erythema nodosum, hemorrhagic eruption, loss of hirsulism; steepening of corneal curvature, intolerance to contact lenses; headache, migraine, dizzin depression, chorea; increase or decrease in weight; reduced carbohydrate tolerance; aggravation of edema; changes in libido.

ACUTE OVERDOSAGE: May cause nausea and vomiting.

DOSAGE AND ADMINISTRATION:

PREMARIN® Brand of conjugated estrogens tablets, USP

1. *Given cyclically for short-term use only.* For treatment of moderate-to-severe vasomotor symptom vaginitis, or atrophic urethritis associated with the menopause (0.3 mg to 1.25 mg or more daily). The l that will control symptoms should be chosen and medication should be discontinued as promptly a Administration should be cyclic (eg, three weeks on and one week off). Attempts to discontinu medication should be made at three- to six-month intervals.
2. *Given cyclically:* Hypoestrogenism. Osteoporosis.

Hypoestrogenism due to: Female hypogonadism—2.5 mg to 7.5 mg daily in divided doses f followed by 10 day rest period. If bleeding does not occur by the end of this period, the same dosage s repeated. Female castration or primary ovarian failure—1.25 mg daily, cyclically. Adjust upward or according to response of the patient. For maintenance, adjust dosage to lowest level that will provi control.

Osteoporosis—0.625 mg daily. Administration should be cyclic (eg, three weeks on and one we

PREMARIN® Brand of conjugated estrogens Vaginal Cream

Given cyclically for short-term use only. For treatment of atrophic vaginitis or kraurosis vulvae.

The lowest dose that will control symptoms should be chosen and medication should be disco promptly as possible.

Attempts to discontinue or taper medication should be made at three- to six-month intervals.

Usual dosage range: 2 g to 4 g daily, intravaginally, depending on the severity of the condition.

Patients with an intact uterus who are treated with either PREMARIN Tablets or Vaginal Cream monitored for signs of endometrial cancer and appropriate measures taken to rule out malignancy in persistent or recurring abnormal vaginal bleeding.

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Twins so precious you'll want to sweep them into your arms!

Meg and Michael shown smaller than actual size.
The dolls' seated height is 9½ inches;
their length is approximately 14 inches.

We've turned a great maple oatmeal breakfast

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COST OF HEALTH CARE

continued from page 132

specialists more highly than pediatricians and others who provide routine care: In 1989, the average net income of a GP or family doctor was $94,600, compared with $207,500 for a surgeon.

Not surprisingly, there's been a corresponding drop in the number of generalists—and a steady growth in the number of surgeons and other medical superstars. Before World War II, 80 percent of physicians were family doctors and other generalists; today only about 40 percent are.

That imbalance is further inflating our health-care bill. As the number of specialists rises, so does the number of expensive procedures they perform.

"Studies dating back twenty-five years have shown that supply in health care *creates* demand," says Ted Nussbaum, a partner in the benefits-consulting division of the national accounting firm of Coopers & Lybrand. "Where there are higher concentrations of surgeons, you see more surgery done, and where there are big surpluses of hospital beds, you see more hospital admissions."

4) THE SENIOR BOOM

Among all the factors ballooning our health-care bills, only one is unpreventable: the continued aging of our population. For adults under age sixty-five, medical expenditures average about $1,535 annually. This figure jumps to $5,300 for those sixty-five and up, and to $9,100 for those over eighty-five.

Overall, Medicare payments have already soared from $36.4 billion in 1980 to $99.8 billion in 1989, as more Americans become eligible.

But the worst is still to come. Between 2010 and 2035, the baby boom will become the senior boom; 20 percent of the population will be sixty-five or older, versus 12 percent now.

Not only will there be more people in that age group, but they'll be living longer, too; the over-eighty-five group is already the fastest-growing segment of the population.

Clearly, the system is not yet prepared for this generational shift. Under Medicare, there is little coverage for extended illness of the kind often suffered by the very elderly. After the patient pays a deductible of $628, Medicare Part A—the portion of the program that covers hospitalization—pays all charges for the first sixty days. It then requires patients to contribute $157 a day for days sixty-one through ninety, and $314 a day for up to sixty days beyond that. Aft hundred fifty days, the patien sponsible for *all* charges. (M Part B—the portion that covers cian and outpatient charges—p percent of those charges after tient contributes a $100 ded and monthly premiums of $29.9

There is no provision whatsoe long-term, nonskilled care prov home or in a nursing home, unl recipient qualifies for Medicaid tance. Under the present system patients must pay for this care—t that elderly people need most with their own savings, som supplemented by private "Me insurance. But those funds can q dry up. Home-nursing care co average of more than $60 per and a nursing home costs an a of $2,500 a month.

Changing the system is enorr difficult, however, as the catastr care insurance controversy d strated. The measure, passed b gress to take effect in January would have provided Medicar tients greater protection agains bills for long illnesses as well panded home coverage.

To pay for the plan, Medicare ums were to rise by about $6 year, and a separate surtax—

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-was to be imposed on recipients nnual incomes above $16,000.
financing scheme proved to be w's undoing; after an intensive g campaign by, among others, ational Council of Senior Citi- he law was repealed in the fall 9.

Michael Donio, projects direc- the People's Medical Society, a ner group in Allentown, Penn- ia, "Ironically, many elderly nd that what they would have surtax and increased Medicare ms would have been much an what they'll actually end ing in Medigap insurance-pre- increases."

he meantime, those who can't Medigap, yet aren't poor enough dicaid, remain unprotected.

oking for a cure

is being done to lift the crushing of medical costs? Perhaps the rovocative remedy being tried is edicaid rationing system that is led to take effect next year in , if approved by the federal Care Financing Administra-

mmission of doctors, consumers alth-care workers is compiling a more than three thousand medical procedures, using a computer formula that weighs the cost of each procedure against how many people would benefit. It will compare, for example, the $238,000 cost of a liver transplant, which would help only one patient, with the cost of prenatal care for mothers, which would assist thousands.

Then, state legislators will periodically decide where to draw the line on the list. The procedures above the line will be covered by Medicaid; those below it will not.

Critics say the state will be making life-and-death decisions that should be made only by doctors and patients, and that it is immoral to exclude the poor from expensive but life-giving procedures. (The only exceptions are for the aged, disabled and blind Medicaid recipients, who will continue to receive standard coverage.)

"The right thing to do is to fund all procedures that might prolong life for any patient," says Amitai Etzioni, university professor at George Washington University, in Washington, D.C.

Nonetheless, some experts say rationing is the only effective way to control costs nationwide. "Even if you eliminated all unnecessary tests and surgeries, the savings would be dwarfed by cost increases driven by new technology and rising wages," says William Schwartz, professor at Tufts University School of Medicine, in Boston, and co-author of the book *The Painful Prescription: Rationing Hospital Care* (Brookings Institute, 1984). "In the next year or two, we are going to be confronted with the choice of letting costs skyrocket or moving more into overt rationing."

Almost overlooked in the furor surrounding the Oregon plan is that it also requires all employers to provide, beginning in 1994, health insurance for every worker, and sets up a high-risk pool to guarantee affordable coverage for those who have preexisting illnesses.

Says John Kitzhaber, a physician and president of the Oregon senate, "Now that we've ensured that everyone will have insurance, we've changed the debate from who is covered to what is covered. Since we don't have the money to offer all services to everyone, we need a system that provides a humane level of services and that focuses on improving health rather than just providing health care."

On a federal level, Congress is also trying to remedy some of the system's most basic inequities:

Reimbursement. As of January 1992, Medicare will alter the *(continued)*

When you wash...

COST OF HEALTH CARE
continued

way it reimburses physicians to encourage preventive
Reimbursements for primary care—the kind of rou
checkups provided by internists—will increase by an a
age of 30 percent, while reimbursements for most surge
and many testing procedures will drop. For instance,
payment for a coronary bypass—an expensive opera
that experts now believe is often performed unne
sarily—will be cut by 34 percent.

To prevent doctors from compensating by increasing
number of procedures they perform, the law also sets a
al targets for total Medicare physician billings nationw
If billings in a given year exceed that target, then r
bursement levels for the next year will be reduced.

Investment. Beginning in 1992, it will be illegal for
tors to have any financial interest in clinical laborato
to which they refer Medicare patients. (Private industr
starting, too, to cast a cold eye on suspicious billing
example, Coopers & Lybrand now uses a computer
ware program to detect coding games that result in o
charges.)

Other reforms are expected to be introduced in this
sion of Congress (see "What Congress—and you—can
page 139). Among them undoubtedly will be some ver
of the most radical solution of all: switching to a *nati*
health-care system modeled after the one in Canada. Th
every patient has free choice of doctors and hospital—
no out-of-pocket costs for covered services.

Funded primarily by revenues derived from federal
provincial income taxes, the Canadian system simply g
hospitals a lump sum each year to cover all opera
expenses, eliminating both the need for billing pati
individually and the need for private insurance. Doc
agree to accept as full payment fees that are negotia
annually with the government.

Until Canada fully implemented this system in 1971
health-care costs jumped each year at about the same l
as those in the U.S. Since then, however, spending
remained stable. (About eight and a half cents of ev
Canadian dollar is spent on health care, while the
spends twelve cents of every dollar.)

Woolhandler's group, Physicians for a National He
Program, advocates a Canadian-style plan that wo
be paid for, at first, from a pool made up of money t
has already been collected for Medicare, Medicaid a
employer health-insurance plans.

Not surprisingly, the plan faces strong opposition fi
the $175 billion-a-year private health-insurance indus
which would be eliminated by it, and from the AMA, wh
battled the introduction of Medicare and Medicaid as w

In a report, "Health Access America," the AMA conte
that a Canadian-style system would limit hospital budg
and restrain high-tech medical developments; it wo
also, the report says, ultimately "require ration
through queuing [of patients] . . . and require physici
to become quasi-agents of the government in mak
rationing decisions."

Still, there's another lobby abuilding, and it's potenti
more powerful than any other: every American who's
up with exorbitant—and escalating—medical bills. T
frustrations will no doubt escalate, too, as the reces
takes its toll. They may be wary of changing to a natio
ized health-care system. Nonetheless, they are already
ginning to speak as one, shouting, "Enough is enou
And that, finally, may provide the impetus to make
medical system well.

Andrea Rock is a contributing writer for Money magazi

WHAT CONGRESS-AND YOU-CAN DO

BY LAUREN CHAMBLISS

s no question that most Americans are heartily sick of our t health-care system; according to a recent Louis Harris poll, 0 percent of those surveyed think it works. That's a lot of py voters, and with a presidential election coming up next almost everyone—from the Bush Administration to the AFL- is speaking out on the issue.

the proposed changes vary widely in scope and cost. More- such measures are often opposed by the powerful medical surance lobbies, and are difficult to pass. This year, however, dds look more promising. The Democrats, in particular, are to emphasize health care. "They desperately want to make it ue in the 1992 campaign," says one aide to a Democratic itor. "There will be lots of attention to the crisis, lots of gs and lots of noise in 1991. Whether Congress has the ch for *real* reform is the question."

re, some of the proposals that are expected to go before ess this year. If you favor them, or any other health-care n, write your senator or representative:

bipartisan patch-up. In a rare spirit of compromise, a group of cratic and Republican senators, including Edward Kennedy (D- and Orrin Hatch (R-Utah), is working on a proposal that's led to make private health insurance more affordable and available to small businesses. Likely to be included: guide- on what constitutes a minimum health-benefits package, and on private insurers' ability to refuse coverage for preexisting ions when workers switch jobs or policies.

men and children. Even with budget constraints, both parties rt the expansion of health-care coverage for these groups. are likely to be dozens of hearings this year on those who have access to health care, and almost as many proposals to the problem. The Mediplan of Representative Fortney "Pete" (D-Calif.) is a health-care reform package that would be ed by new payroll and income taxes and would, among other , give blanket health-care coverage to all expectant mothers ll children under age twenty-two, regardless of income. The House favors less sweeping changes, and Health and Human es Secretary Louis Sullivan is expected to propose moderate sion of Medicaid programs for poor women and children.

urance reform. Under current federal law, some patients insurance companies refuse to pay for especially costly ents cannot sue those insurers for punitive damages or rs' fees. Senator Howard Metzenbaum (D-Ohio) has said he to change the law to allow patients to recover bigger ges. And Senator John Rockefeller (D-W.Va.) advocates a law would prohibit discrimination by insurers against companies lderly or ailing employees.

tionalized health care. Although there will be a number of sals for a Canadian-style system (see main story), there is ly no chance that these bills will make it out of preliminary gs, let alone be voted on by Congress. Representative Stark's lan would cover every American through an expansion of the t Medicare system. While this plan is unlikely to be passed, kers may use the payroll-tax method to enact less comprehen- hanges.

Lauren Chambliss is a Washington correspondent for Financial World magazine.

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WHY YOUR KIDS LOVE OUR KIDS

Ladies'
Home Journal
March
1991

Who's who (from top): Donnie Wahlberg and mom Alma Conroy; Danny Wood and mom Betty; Joe McIntyre and mom Kay; Jordan and Jonathan Knight and mom Marlene

THEY'RE BIGGER THAN ANY GROUP SINCE THE BEATLES, BUT AT HOME THEY'RE STILL JUST DONNIE, DANNY, JOE, JONATHAN AND JORDAN. HERE, THE KIDS—AND THEIR MOMS—TALK TO LHJ ABOUT FAMILY, FAME AND FANS. BY CHRISTOPHER ANDERSEN

The gang's all here: the New Kids and their moms in a rare quiet moment

MOST PARENTS WORRY ABOUT THEIR CHILDREN *going* to a rock concert, not *giving* one. But for four Boston women whose five sons make up the world's hottest pop group, such worries are all in a day's family life. In fact, their offspring are so much in demand that the mothers of the New Kids on the Block have become celebrities themselves. At a recent autograph-signing to promote the group's authorized biography, the women were mobbed by thousands of fans. "Every mother is proud of her children," notes forty-eight-year-old Alma Conroy, whose son is Donnie Wahlberg, twenty-one, the group's most outspoken member. "But what on earth could *possibly* prepare you for this?"

What makes their sudden fame even more mind-spinning is that none of "The Moms," as they're collectively known, ever dreamed it would happen—not even after they had been assured by the group's savvy creators, Maurice Starr and Dick Scott, that stardom was a certainty. "Dick Scott kept saying, 'They'll be bigger than the Beatles,' " recalls Kay McIntyre, fifty-nine, the mother of eighteen-year-old Joe McIntyre, the cupid-faced baby of the group. "I thought, The poor man is obviously sick, but if it makes him happy. . . . Honestly, I thought everybody would come to their senses sooner or later."

"WE'RE NOT MAMA'S BOYS OR ANYTHING, BUT THERE IS A SPECIAL BOND."
—DANNY WOOD

Marlene Putman, fifty, the mother of the New Kids' twenty-year-old lead singer and hunk, Jordan Knight, as well as the group's soft-spoken elder, twenty-two-year-old Jonathan, admits she worried about "what would happen if their dreams just dried up and blew away. *(continued on page 212)*

Scenes from a marriage: Dan and Betty embark on a new life together; a happy Mom and her four children enjoying a European vacation with Dan (right, second from top)—although he was sending flowers home to another woman. Bottom right, Betty today

Peter Darley Miller/Visages

When Betty Broderick's husband, Dan, left her for a younger, prettier woman, her jealous rages were the talk of San Diego. But no one ever thought Betty would take the ultimate revenge. They were wrong.

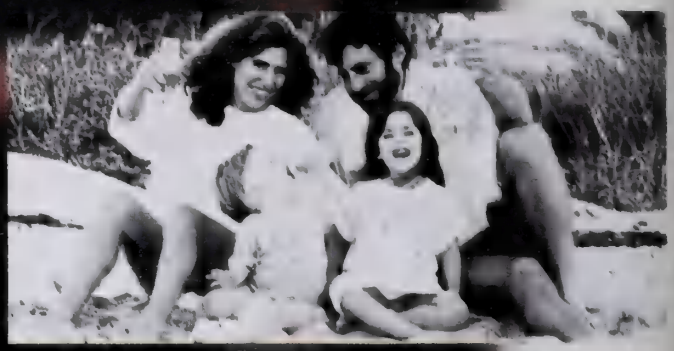
BY KATHLEEN NEUMEYER

HELL HATH NO FURY

THE LAS COLINAS WOMEN'S DETENTION FACILITY is just a thirty-minute drive on the freeway from La Jolla, the gilded San Diego suburb where Betty Broderick once lived with her husband, Dan, and their four children. But for forty-three-year-old Betty, the distance might as well be a million miles. No longer does she have the perfect life of her girlhood fantasies, married to a prominent, wealthy attorney, dwelling in a big house with a swimming pool, dressing in designer clothes, volunteering at her children's exclusive private school. Betty says all that really ended six years ago, when her husband left her for Linda Kolkena, a younger woman whom he eventually married. Now she is a prisoner in a windowless, concrete-block *(continued on page 218)*

IN THE ABSENCE OF ANGELS

BY ELIZABETH GLASER AND LAURA PALMER



The Glasers in Miami, 1985. Ari's lips had suddenly turned white and she was always tired, but no one knew what was wrong

HE IS A TV-STAR-TURNED-DIRECTOR, SHE A FORMER SCHOOLTEACHER —AND FOR A WHILE THEY HAD AN UNUSUALLY HAPPY HOLLYWOOD FAMILY LIFE. THEN THEY WERE STRUCK BY A TRAGEDY BEYOND IMAGINING. HERE, ELIZABETH GLASER TELLS THE HEART-RENDING STORY OF HER FAMILY'S STRUGGLES AGAINST THE NIGHTMARE OF AIDS.

Paul Michael Glaser and Elizabeth Meyer met in 1975. She was working as a teacher and he had just started acting in a TV series called "Starsky and Hutch." Neither of them had any idea that it would be one of the hottest shows of the year, turning Paul into a star overnight. When the program ended, he began a career as a director. They married, and their first child, Ariel, was delivered by caesarean section on August 4, 1981.

I was trying to tell the doctors how glad I was that the birthing process was over, when I found I couldn't breathe. Someone put an oxygen mask over me. I was hemorrhaging. My doctor pushed on my stomach, and I could feel the warm blood gushing out. I was too horrified to even scream. I heard the words "life-threatening" and suddenly realized that I might die in that room.

(continued)

Reprinted by arrangement with G.P. Putnam's Sons from IN THE ABSENCE OF ANGELS by Elizabeth Glaser and Laura Palmer. Copyright © 1991 by Elizabeth Glaser. Color photo: Alexis Hamilton; all photos courtesy of Elizabeth Glaser.

(continued) The blood transfusions began. I watched the dark-red blood drip out of the squat plastic bag, flow through an IV tube and into a vein in my arm. I was transfused with seven pints. When the doctors packed me with cotton, I finally stopped bleeding.

It wasn't until I saw my baby daughter again that the weariness and terror began to drift away to be replaced with an instinctive love. She *was* beautiful, and we had both survived. Nothing more could happen to us.

Three weeks later I was reading the newspaper when I saw an article about a new virus called AIDS. I called my obstetrician immediately.

"I just read an article in the paper about AIDS, a virus that may be transmitted by blood transfusions, and I just got seven pints!"

"Oh, Elizabeth," he said, "you've been through a difficult ordeal, but it's behind you. Relax and enjoy your baby. Your nightmare is over. AIDS isn't ever going to have anything to do with you."

After Ariel's strenuous birth, we went home to our small house in the Hollywood Hills. Protected by a giant olive tree and lush with bougainvillea, it was like an oasis.

Paul was enchanted with Ariel. Since he had left *Starsky*, we could move into the world again as ordinary people, taking Ariel for walks without attracting crowds. Ari developed normally: She walked just after her first birthday and soon began to put phrases together. Paul and Ari had their own rituals. Every Sunday morning, they were regulars at Art's Deli for breakfast. They would get up at six and leave so quietly that I never woke up. Also, Ari and her dad started painting together as soon as she could hold a brush; they spent hours creating worlds on paper. It was their special time together.

Paul and I knew we wanted more children, and so we moved to a sunny, sprawling house in Santa Monica. I was soon pregnant again. Our son, Jake, was born in 1984.

It was ten months later, just before Ariel turned four, that Paul was offered the job of directing his first feature film, *Band of the Hand*. The movie was being shot in Miami, so we packed up the family and rented a house on the beach for the three-month shoot.

While we were there, Ari started to have stomachaches and cramps. We went to see two pediatricians, but they had no definite answers.

Then one Sunday Ariel's lips went white. I'll never forget it, because it made her look so fragile and ghostlike. She began to tire easily. When I picked her up from nursery school she would fall asleep as soon as she was strapped into the car seat.

Back in Los Angeles, we saw Dr. Richard N. Fine, a pediatric nephrologist at UCLA Hospital. He tested Ariel for lupus, leukemia and other blood disorders. Nothing.

THE AWFUL TRUTH

Dr. Fine was protecting us from his worst fears. Finally, he called and said, "We feel it would be smart to test for AIDS."

"Okay, fine," I told him. "We've tested for lupus. We've tested for leukemia. We'll test for AIDS." I wasn't worried—how could Ariel have AIDS?

We went in, and they drew the blood. Paul was home when the phone rang the next day. He answered it, and I saw him nod, and when he hung up he said, "They've got to run it again. It's shown some kind of positivity. It's probably a mistake, and we'll know in two days."

It was two days that felt like a lifetime. Eventually Dr. Fine called. "The test has come back positive." He wanted me and Jake and Paul to come in for testing.

At first no words came. And then I blurted out, "How could this have *happened*?"

"We don't know. I'm so sorry, Elizabeth."

Ari's illness now had a name. Ariel had AIDS.

The next morning we were all tested. Dr. Fine called later. "We have to run the tests on Elizabeth and Jake again." And by then we knew what that meant: They didn't want to give us an AIDS diagnosis unless they had confirmed it twice.

Paul and I sat numbly in Dr. Fine's office with him and Dr. Richard Stiehm, *(continued on page 226)*

From the top, clockwise: Ari and Jake with their daddy, 1986; Elizabeth and Ari in 1982 when she was almost two; a rainy-day walk in Maine with the kids; Ari and Jake at her sixth birthday, when she was just starting to fail again

BYE-BYE,
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IT LOOKS LIKE A MILLION

Project coordinator, Sandra S. Smith; floral design, Sean Psomas of Wildflowers; fabrics, draperies and carpet, Trevira from Hoechst Celanese; secretary, chest, desk chair, sofa table, Drexel Heritage Furnishings Inc.; chandelier, Waterford Wedgewood U.S.A. Inc.; candlestick lamp, Port Royal Inc.; picture frames and accessories on secretary, the Bombay Company; shot on location at Hoechst Celanese House. Details, page 228. Photo, Judy Watts

Start by searching for secondhand pieces. Try auctions, salvage houses, thrift shops, consignment stores, flea markets and garage sales. With a little patience and a bit of luck, you'll find some great bargain furniture to use as the basis of a traditional-looking room.

Barbara's tips: When looking at upholstered furniture, it's most important to find a sturdy frame. The fabric can be worn, even torn. New slipcovers will make an old piece look as good as new for less than the cost of a new sofa. The same is true when searching for wood furniture: Look for solid construction. A worn finish with a few nicks and scratches can be fixed with a little sandpaper and stain—or *(continued)*

BY LAUREN PAYNE, DECORATING EDITOR

Our room was inspired by Westbury Gardens, a museum-mansion on Long Island. Can you tell which is the real thing and which is our copy? Our fireplace, below, didn't even have a mantel before we started. Hardware stores were the source for architectural additions

Our proper midday tea, right, is a mirror image of the museum's, below. The table is set with silverplate instead of solid sterling (the price is right and it's easier to clean). The two Hepplewhite-style chairs were a lucky flea-market buy

Rug, tablecloth, lace pillows and mirror, ABC Carpet & Home; oil paintings, Chelsea House Inc.; sconces, Port Royal Inc. Photos. Judy Watts

(continued) even hidden with a lace doily or a table lamp.

■ **Shop for luxurious-looking fabric.** The most expensive rooms are lush with plenty of pricey fabric. But you can tally up big savings. Look at fabric outlets and department stores for bargains. Helpful hint: Pay attention to fiber content. We found a great-looking polyester-blend called Trevira that sells for about $13 a yard (compared with $100 per yard for designer fabrics).

■ **Go for decorative details.** Dress up your bargain fabric with braiding, tassels and fringe for a custom-design look. The same fabric outlets should carry a variety of special trims for as low as $6 a yard. Consider glossy braiding on throw pillows, fringe along the edges of curtains and the base of a sofa, tassels to tie back curtains. *(continued)*

IT LOOKS LIKE A MILLION

■ **Make the most of color.** The richest shades are saturated jewel tones like ruby, emerald, sapphire and topaz. "You just can't use too much of these colors in an elegant room," says Barbara. She leans toward reds and golds, a sophisticated color combination that looks fabulous when played against ivory or stark-white walls. Look for these colors for decorative accessories, too, suggests Barbara.

■ **The right area rug is a must.** Prices can vary drastically. Barbara recommends starting at a large rug outlet or warehouse; stores that buy in large quantities will pass along savings to you. Besides, with such a huge selection, you're bound to find something in your price range. The best bargains? Machine-made wool or wool blend. (A good machine-made rug can be indistinguishable from a handmade carpet except on very close inspection.) The best look? A richly colored Oriental or Persian.

■ **Create your own architecture.** Million-dollar rooms are filled with architectural details, but it doesn't have to cost much to add some instant heritage to your room. Go to a well-stocked hardware store or home center to check out the moldings, trims and columns. Moldings and trims generally range from about $6 to $30 a cutting (which is six and a half feet), and columns can cost as little as $200. (Look for plastic moldings that are specially made to look like wood; plaster and wood trims cost a good deal more.) If you're handy, you can install all the moldings yourself and save the carpentry costs. Paint the trim to match the walls. Your room will take on the aura of a stately home.

■ **Art is essential.** Framed posters are fine, says Barbara, but be sure to look for rich, deep, dark prints and frame them in gilded wood frames. Beware of prints of familiar works of art. A Mona Lisa, for instance, is far too obviously an inexpensive poster. However, says Barbara, a portrait in the eighteenth-century style can look like a family heirloom. Or, for a real bargain, try framing the pages from a book of fine-art prints, especially botanicals or landscapes.

■ **Don't overlook small accessories.** Look for great bargains at yard sales and flea markets. A mantel clock, a porcelain vase, a gold-framed mirror can look like treasures from your great-aunt. You can even make your own vintage screen. Barbara simply took a small piece of fabric—she suggests tapestry-like cotton print—and stretched it across an old screen stand. The result could pass for a valuable antique.

■ **Make your own end tables.** If your budget is blown before you have all the end tables your room needs, try this simple idea: Have a circular piece of plywood or particleboard cut at the lumberyard. (The bigger the better, says Barbara, depending on the space you have.) Then place the circle on anything sturdy you don't need access to—boxes of old books or records, an old unsightly table or a stepstool. Cover with a skirt—let plenty of fabric billow onto the floor. You can even cut a smaller square of coordinating fabric to place over the top of the table for a complete decorator look. No one would ever know you don't have a real table underneath.

■ **Splurge on a couple of knockouts.** Everything will seem like an heirloom if you have one or two authentic items. "Once you've hunted around and found affordable pieces to make your room work, consider that one piece that's going to make all the difference. All the best rooms contain at least one showstopper, a real conversation piece," says Barbara. A grandfather clock, for instance (we bought ours at an antiques shop for about $2,000), or a large porcelain cachepot for fresh flowers on the coffee table can give a room class. Or you can add one antique reproduction, such as a Sheraton sideboard or a Chippendale chair.

Barbara shopped around to get the best prices for the fabric, moldings and rug in our room. Think excess when creating traditional elegance—full, billowy window treatments, plenty of throw pillows

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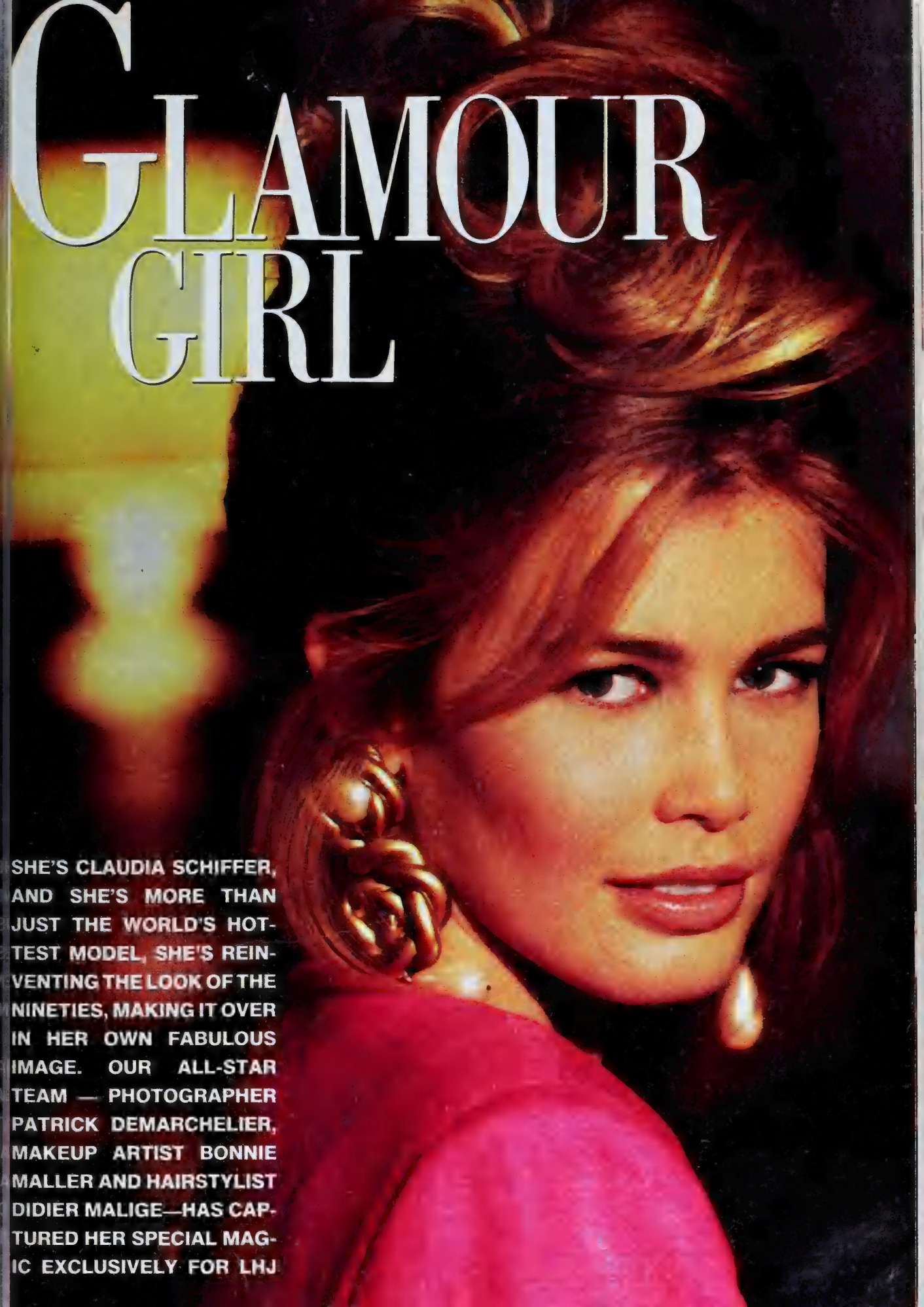
BY LOIS JOY JOHNSON
BEAUTY AND
FASHION DIRECTOR

GLAMOUR GIRL



SHE'S CLAUDIA SCHIFFER, AND SHE'S MORE THAN JUST THE WORLD'S HOTTEST MODEL. SHE'S REINVENTING THE LOOK OF THE NINETIES, MAKING IT OVER IN HER OWN FABULOUS IMAGE. OUR ALL-STAR TEAM — PHOTOGRAPHER PATRICK DEMARCHELIER, MAKEUP ARTIST BONNIE MALLER AND HAIRSTYLIST DIDIER MALIGE—HAS CAPTURED HER SPECIAL MAGIC EXCLUSIVELY FOR LHJ

This page: Fifties movie star . . . virtuous vamp . . . they're the images we suddenly love again, and Claudia's a genius at projecting them. She knows glamour is always part fantasy, but the trick is not to look too much like a blast from the past. The blond-ambition wig is just for fun, contemporary but with sixties appeal, as is the stylized makeup: all strong brows, eyes and lips. Dress, Pamela Dennis; shoes, Anne Klein; ring, gold bracelets, Cynthia Rybakoff; pearl bracelet, Eric Beamon at Showroom Seven. Makeup, Maybelline. Opposite: Claudia is known for her Bardot pout, the way she flirts with her eyes and body. But there's also an essential niceness that comes through. It's a look of out-and-out femininity that's just right, right now. Dress, jacket, Nicole Miller; hose, Calvin Klein; gloves, La Crasia; flower, Chanel. Makeup, Princess Marcella Borghese. Hair, Didier Malige for Jean Louis David; makeup, Bonnie Maller.

WHO'S THAT GIRL?

CLAUDIA HAS HAD AN ASTOUNDING RISE TO MEGAMODEL STATUS. WHAT'S THE GIRL WHO HAS HER PICTURE ON EVERY FASHION MAGAZINE REALLY LIKE? WHILE PHOTOGRAPHING CLAUDIA, THE JOURNAL TOOK THE OPPORTUNITY TO FIND OUT. BY MARGARET DANBROT

Every few years some fabulous creature redefines what beauty is all about. Just twenty, from a small town near Dusseldorf, gorgeous Claudia Schiffer is the first face of the nineties.

As the most sought after of all models today, she's booked months in advance by the hot new modeling agency Metropolitan, and commands four-figure sums per hour (often that's more than $10,000 a day). She even calls many of the shots that other models leave to the discretion of editors and ad agencies. For example, she won't model lingerie, won't wear dark lipstick and has right of approval over which of the best photographers, hairstylists and makeup people she will work with.

Reflecting on her beauty, Claudia doesn't know what all the fuss is about. We do. (Suit and jewelry, Chanel)

Although Claudia really *does* look like Brigitte Bardot, the sixties movie icon with whom she's so often compared, she doesn't see herself as a baby BB, or identify with the outrageous flirt she plays in the Guess? ads. "People always expect me to be like that. It's just like acting for the camera. If you're modeling jeans and they want you to be sexy, you behave one way. When you wear Chanel, and they want you to be sophisticated, that's what you do."

So, what is she like in her own clothes when she's just being Claudia? "Disciplined," she says, without a moment's hesitation. "Right now I want to work as much as possible, so I'm modeling every day, weekends and holidays, too. If I were not disciplined—if I didn't stay healthy, watch what I eat, get plenty of sleep—I couldn't make it. I don't go out anymore."

Never? No parties, no dancing at chic little clubs? "Never."

Discipline comes through in the way she approaches her job. No one is surprised when a superstar behaves like a prima donna—it's almost expected—and as a model, Claudia is the ultimate superstar. Yet she was one of the first to arrive on our set, and unlike many models, she was ready to go to work immediately. She didn't goof off, didn't waste time gossiping, didn't keep people waiting for her to get into the mood of a shot.

In fact, the only time she turns into a giggly teenager is when asked about her boyfriend. There is one, but Claudia won't reveal his name, where he lives or anything about their relationship.

Those who know her say Claudia is so easy to deal with, it's almost as if she doesn't know how hot she really is. She explains her phenomenal rise with a shrug: "From the beginning I had very good jobs working with the most professional people. Nothing really changed. I just began to get more well known, that's all."

In many ways Claudia doesn't fit the popular top-model image. At school she was a brilliant student. She speaks three languages—perfect unaccented English and French in addition to her native German. Her interests run to history and art, and for fun she visits museums.

And she isn't vain. Unlike many professional beauties, she doesn't spend countless hours working on her looks. "I just take care of myself, like everyone else," says Claudia, who's nearly six feet tall and is both very slim and very curvy. "I exercise. I like tennis. I believe in walking very fast, but not running."

Claudia says that growing up in Germany—the oldest child in a family of tall, blue-eyed blonds—it never occurred to her to become a model. Her plan was to go into law, like her father, and someday join him in his distinguished practice. But one night in a disco, a Paris model agent caught sight of her, and, partly to get rid of him, she referred him to her parents. Within weeks she was working for French *Elle* magazine. In a matter of months, she was the rage on both sides of the Atlantic.

Nobody stays at the top of the model heap for very long. This year's golden girl is often next year's what's-her-name. Will Claudia be an exception? Impossible to say. Meanwhile, the movie scripts come in by the carload, and Claudia doesn't rule out any possibilities these days.

There *is* something unique about her even compared with other megamodels. Those who work with her say they feel it. Photographer Patrick Demarchelier, who has shot many of the world's most fascinating women, sums it up: "That girl . . . she's more like a celebrity than a model. I believe for her this is just the beginning. Movies, the stage, who knows? I think she is going to be very, very big." ■

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making a
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STYLES FOR ALL SEASONS

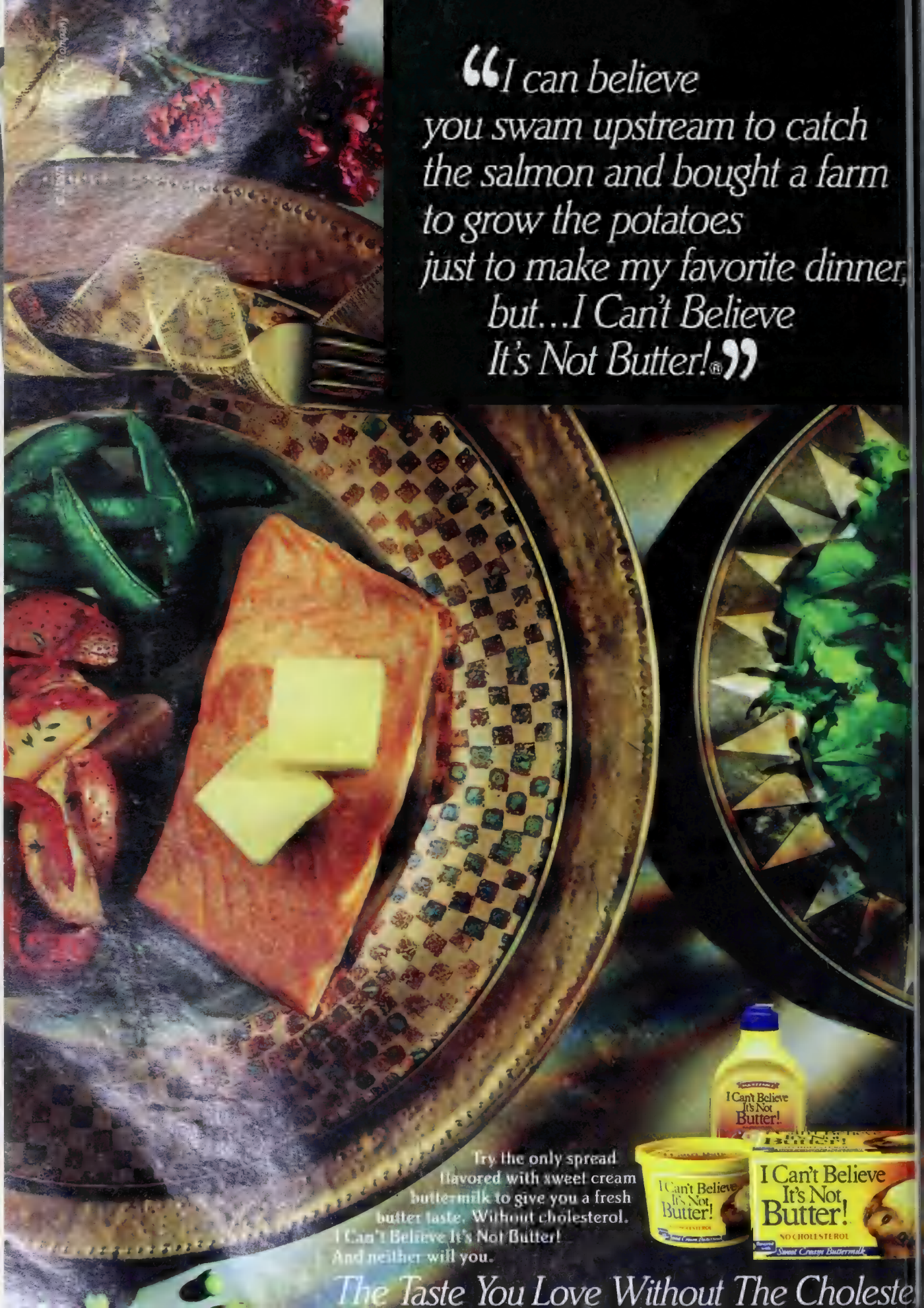
WHAT ARE THE VERY BEST SEASON-SPANNING CLOTHES COLORS. THEY WORK NEARLY ABOUT TOWN IN PHILLY,

BARGAINS IN THE STORES NOW? IN GO-EVERYWHERE FABRICS AND YEAR-ROUND, WHETHER YOU'RE FARGO OR SAN FRANCISCO

WHEN THE WEATHER'S UNPREDICTABLE, STYLES WITH LAYERING POTENTIAL ARE YOUR MOST STRATEGIC SELECTIONS. FAR LEFT, STANDOUT FEATHERWEIGHT SEPARATES. THE STARTING POINT: A COTTON-KNIT CAMISOLE BODYSUIT, WHICH WE TOPPED WITH AN ACRYLIC CARDIGAN AND COTTON/RAYON/LYCRA LEGGINGS. A SILK-AND-COTTON-BLEND TAILORED BLAZER ADDS A DASH OF CLASS. HIT A HEAT SPELL? SKIP THE CARDIGAN OR THE JACKET. WHEN THE TEMPERATURE PLUMMETS, SLIP A COTTON TURTLE OVER THE CAMISOLE. LEFT: THIS CLASSIC ALL-WEATHER WINNER IS YOUR STRONGEST SUIT. NAVY MEANS SURE SOPHISTICATION, AND A BLEND OF COTTON AND VISCOSE ADDS UP TO A RELAXED, COMFORTABLE LOOK. PAIRED WITH A WHITE WASHED-SILK SHIRT, THE SUIT'S A DELIGHT FOR DAY OR NIGHT. IN STORMY WEATHER, GO FOR THE TRENDIEST TRENCH CONNECTION: A WHITE MINI-TRENCH MADE OF SILK BLEND—IT'S CHIC *AND* WATER-RESISTANT. SUIT, PHILIPPE ADEC; BLOUSE, EQUIPMENT; TRENCH, DONNA KARAN; HOSE, CALVIN KLEIN; EARRINGS, KARL LAGERFELD BIJOUX; RING, TULLA BOOTH AT FRAGMENTS. MODEL, ANNA RAHMBERG OF FORD. LEGGINGS, DONNA KARAN; OTHER CLOTHES, DKNY; SUNGLASSES, ALAIN MIKLI. MODEL, CAROLINE ELLEN OF CLICK. PHOTOS, BICO STUPAKOFF. HAIR, TONY MCAULAY. MAKEUP, BRIGITTE REISS ANDERSEN, TRISH MCEVOY SKINCARE.

A LOOK YOU CAN BANK ON, FAR LEFT: OUR NUMBER-ONE PICK FOR A DRESS THAT'S SIMPLY PERFECT ANYTIME, ANYWHERE, IS THIS STRIKING SILK CREPE DE CHINE CHEMISE IN NAVY WITH A LIME-GREEN TRIM. THE DEEP BATEAU NECKLINE SHOWS OFF A SEXY NECK AND SHOULDERS; THE EASY CUT MEANS IT SKIMS OVER THE BODY WITHOUT BINDING ANYWHERE. IT'S AN IDEAL CHOICE, WHETHER YOU'RE IN SUNNY MIAMI OR CHICAGO IN MARCH. WE'D SUBSTITUTE NAVY OPAQUE HOSE FOR THE SHEERS ON A CHILLY DAY. FOR THIS TERRIFIC THREE-PIECE SUIT, LEFT, YOU'VE GOT TO BE WHITE-MINDED. (THERE ARE NO RULES FOR WHITE ANYMORE—YOU DON'T HAVE TO WAIT FOR MEMORIAL DAY OR SAVE IT FOR SUNNY CLIMES.) IT'S MADE OF ULTRALIGHT WOOL, AND THE THREE PIECES OFFER A MULTITUDE OF GREAT-LOOKING OPTIONS: WEAR AS A SET, SKIP THE VEST, SKIP THE JACKET, WEAR THE JACKET OVER A BLOUSE OR TEE—YOU NAME IT. FOR A SHOT OF FUN, WE LOVE THE LEOPARD SHOES. SUIT, NORMA KAMALI; SHOES, ARMANDO POLLINI. MODEL, PAULA DEVICQ OF FORD. OPPOSITE: DRESS, PATRICIA CLYNE; HOSE, NO NONSENSE; SHOES, FRATELLI ROSSETTI; EARRINGS, LESLIE BLOCK AT FRAGMENTS; BRACELET, KARL LAGERFELD BIJOUX.

ONE SMART BUY THAT DOESN'T QUIT IS THIS PLAID TUNIC AND MATCHING SLIM TAILORED SKIRT IN TAUPE, FAR LEFT. THE OUTFIT OFFERS THE POLISHED APPEAL OF A SUIT, BUT BECAUSE IT'S MORE RELAXED AND FEMININE, IT'S ABSOLUTELY IRRESISTIBLE. THE WOOL/SILK/NYLON BLEND MAKES IT SURPRISINGLY LIGHTWEIGHT, SUPER SOFT AND WRINKLEPROOF—A PERFECT PICK FOR TRAVELING. IT'S JUST RIGHT FOR WORK OR WEEKENDS, AND BECAUSE IT'S A PLAID IN A NEUTRAL HUE, YOU TRULY CAN'T TELL WHETHER IT WAS DESIGNED FOR WINTER, SPRING, SUMMER OR FALL. LEFT: DESIGNERS HAVE DISCOVERED THE VERSATILITY OF WOOL AND HAVE MADE IT A TOP YEAR-ROUND CHOICE (EXCEPT DURING HEAT WAVES, OF COURSE). IF YOU HAVEN'T CONSIDERED WOOL FOR ALL SEASONS, KNOW THAT IT'S AVAILABLE IN LIGHTER-WEIGHT BLENDS THAN EVER BEFORE. CASE IN POINT: THIS WET SUIT–STYLE NAVY JACKET WITH OVERSIZE GOLD ZIPS IN DOUBLE-FACED WOOL (ONE OF THE MOST VERSATILE FABRICS). WE PAIRED IT WITH A WHITE COTTON/RAYON TURTLENECK BODYSUIT AND A WHITE WOOL MINI, BUT IT WOULD WORK WITH LEGGINGS AND A TEE, TOO. ALL CLOTHING AND EARRINGS, DONNA KARAN; HOSE, CALVIN KLEIN. OPPOSITE: TUNIC AND SKIRT, ANNE KLEIN II; EARRINGS, AGATHA; HOSE, CALVIN KLEIN.


"I can believe
you swam upstream to catch
the salmon and bought a farm
to grow the potatoes
just to make my favorite dinner,
but...I Can't Believe
It's Not Butter!®"
I Can't Believe It's Not Butter!
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FOOD JOURNAL

THE "GOOD MORNING AMERICA" BREAKFAST BOOK

OUR FAVORITE A.M. STARS SHARE GREAT WAKE-UP RECIPES

BUDGET CUTS

DELICIOUS WAYS TO GET MAXIMUM FLAVOR FROM INEXPENSIVE MEATS

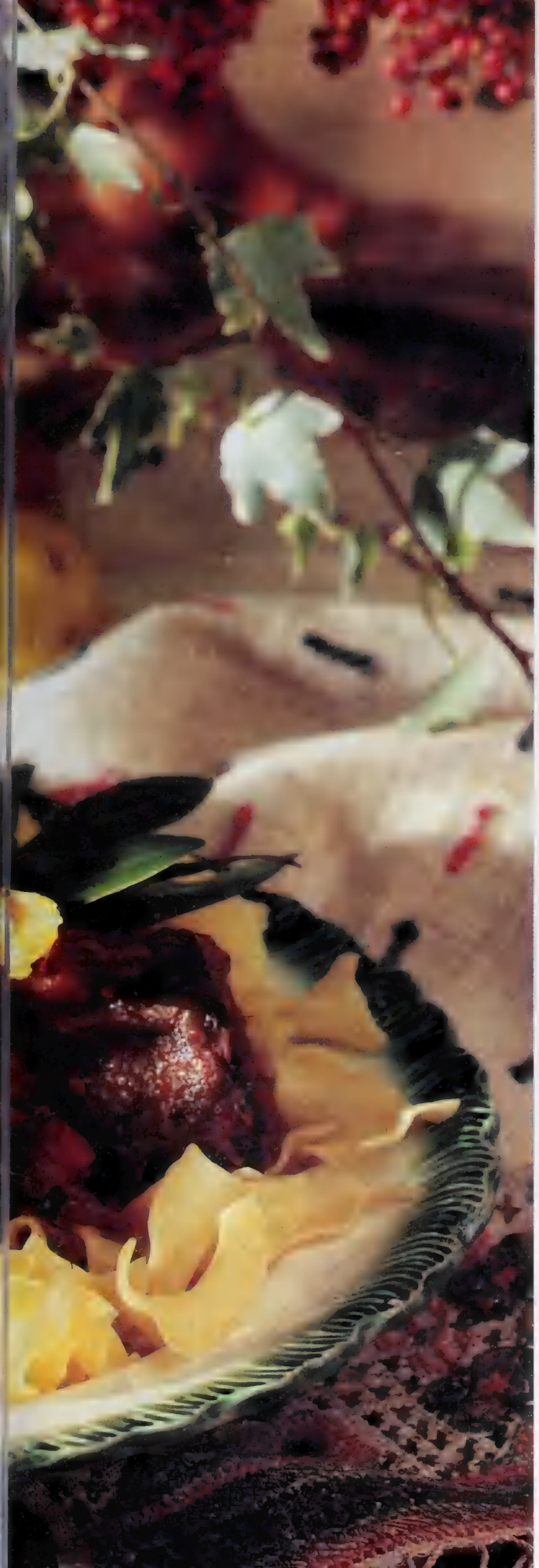
WONDERFUL WINTER SALADS

BEST OF THE SEASON'S BOUNTY

TRIPLE-TESTED LHJ RECIPES

YOU ASKED FOR IT

READER-REQUESTED RECIPES FOR SPECTACULAR DESSERTS



WE'VE CREATED SIX FABULOUS DISHES WITH INTERNATIONAL FLAIR TO PROVE THAT MEAT DOESN'T HAVE TO BE EXPENSIVE TO TASTE GREAT. IN FACT, LESS COSTLY CUTS CAN BE EVEN MORE

BUDGET CUTS

FLAVORFUL THAN THE MOST TENDER FILET, AND JUST AS EASY TO PREPARE. WE'VE USED QUICK-COOKING TURKEY, CHICKEN AND PORK TO WHIP UP HEARTY, FAMILY-STYLE MEALS IN ABOUT THIRTY MINUTES. AND OUR SLOW-SIMMERING CLASSICS—LIKE SUCCULENT SHORT RIBS (LEFT) AND POT ROAST—ARE TRUE BUDGET-SAVERS, TOO.

BY LORI LONGBOTHAM

New Data On The Other White Meat.®

Finally, a nutrition story with some meat to it.

With all the confusion about what's good to eat and what's not, you may have ruled out one too many choices. Like today's pork. Look at the facts. It has fewer calories, less fat, and less cholesterol than ever, but still provides nutrients important to eating right. And it takes less time to prepare than you might think. Simply cook to medium (160°) until slightly pink, for perfect tenderness.

Consider The Other White Meat for a meal that's good and delicious. Because today's pork tells a whole new story. For free recipes, send a self-addressed, legal-sized, stamped envelope to: RECIPES, Box 10383-NS, Des Moines, IA 50306.

Cut	Fat		Calories		Cholesterol	
	1990	% change from 1983	1990	% change from 1983	1990	% change from 1983
Center Loin Chop	6.9g	– 22%	165	– 16%	70mg	– 16%
Boneless Loin Roast	6.4g	– 45%	160	– 23%	66mg	– 1%
Top Loin Chop	6.6g	– 48%	165	– 25%	68mg	– 15%

Based on three-ounce serving of lean, cooked pork as reported in "A Nationwide Survey of the Composition and Marketing of Pork Products at Retail," D.R. Buege, et. al., Madison, Wisc.: University of Wisconsin-Madison, 1990. Conducted in cooperation and with the guidance of the U.S. Department of Agriculture to provide the data base for the revision of USDA Agriculture Handbook 8-10, which will be published in 1991.

Pineapple-Garlic Pork Chops

- 4 boneless pork loin chops, 1-in. thick
- 1 C. unsweetened pineapple juice
- 2/3 C. dry sherry
- 2 T. brown sugar
- 1/2 t. dried rosemary leaves, crushed
- 1 clove garlic, minced

Combine all ingredients except chops; mix well. Place chops in a shallow dish; pour marinade over chops. Cover and refrigerate overnight.

Remove pork chops from marinade. Broil 5 inches from heat, 4-5 min. on each side. Serves 4.

pork®

The Other White Meat.®

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IDGET CUTS
inued

Easy · Challenging · Moderate · (M) Microwave

CHOPS ALSATIAN-STYLE

or family-pack pork chops—they're and are a good value.

ne: 15 minutes
g time: 20 minutes

espoon vegetable oil
-cut blade pork chops (about 3-inch thick)
and freshly ground pepper
(1 lb.) sauerkraut, rinsed and rained
pear, peeled, cored, diced fine
chicken broth
en onions, minced
espoon brown sugar
poon fresh thyme or ¼ teaspoon ried
poon caraway seeds
pped parsley, for garnish

il in large skillet over medium-high Cook pork chops in batches until ed, 1 to 2 minutes per side. Season lt and pepper. Transfer to platter. drippings from skillet; add re- g ingredients except parsley, stir- scrape up browned bits. Cover ok 5 minutes. Arrange chops over cook covered until flavors are d and chops are cooked through, 15 minutes. Sprinkle with parsley. 4 servings.

ng: 395 calories, 19 gm protein, 30 gm fat, 13 hydrates, 400 mg sodium, 82 mg cholesterol.

EY–BLACK BEAN CHILI

an't beat a great chili made in less hirty minutes, with inexpensive but ground turkey. Make it ahead of or an effortless dinner tomorrow.

ime: 15 minutes

Cooking time: 30 minutes

2 tablespoons vegetable oil
1 onion, diced
2 garlic cloves, minced
1½ tablespoons chili powder
2 teaspoons cumin
1 bay leaf
1 teaspoon aniseed
½ teaspoon ground coriander
8 ounces raw ground turkey
1 can (16 oz.) whole tomatoes in puree
1 can (15 oz.) black beans, drained and rinsed
1 red pepper, seeded and diced
1 to 2 jalapeño chilies, seeded and minced
¼ teaspoon salt
¼ teaspoon ground red pepper
2 tablespoons minced fresh cilantro
Shredded Cheddar cheese, cilantro leaves, minced green onions and tortilla chips, for garnish

Heat oil in heavy Dutch oven over medium-high heat. Add onion and cook, stirring, until softened, 5 minutes. Stir in next 6 ingredients. Cook, stirring, 3 minutes, being careful not to burn. Stir in ground turkey and cook, breaking up meat, until meat is no longer pink, 5 to 7 minutes. Add next 6 ingredients; bring to boil, reduce heat and simmer uncovered, stirring occasionally, 30 minutes. Stir in cilantro. Serve with garnishes. Makes 4 servings.

Per serving: 300 calories, 18 gm protein, 12 gm fat, 30 gm carbohydrates, 809 mg sodium, 41 mg cholesterol.

RED-COOKED CHICKEN

Red-cooking is a Chinese method of stewing with soy sauce and spices to give a deep red-brown color.

Prep time: 10 minutes
Cooking time: 35 minutes

1 tablespoon vegetable oil
4 chicken thigh quarters, or 8 chicken thighs (2 lb.) skin removed
Water
½ cup dry sherry
⅓ cup soy sauce
12 slices peeled fresh ginger
2 tablespoons brown sugar
2 garlic cloves, halved
½ teaspoon Chinese five-spice powder
1 tablespoon cornstarch
1 teaspoon Oriental sesame oil

(continued)

Facts for Figures.

Today's pork is a nutritional "bargain." It's a great source of protein and at least four essential nutrients, yet it's leaner than ever.

Fat A lean, cooked 3 oz. portion of boneless loin is 45% leaner than it was just ten years ago.

Cholesterol Most pork cuts weigh in at well under 100 mg of cholesterol per 3 oz. lean, cooked serving, easily comparable to other meats and poultry.

Calories It's slimmer and trimmer too. A lean, cooked 3 oz. portion of boneless loin has 23% fewer calories than its pudgy predecessor of the early 1980s.

Nutrients Plus
Pork provides high-quality protein and is an excellent source of other essential nutrients like vitamins B1 (thiamin), B2, B6, and B12, as well as being a good source of iron and zinc.

For free recipes, send a self-addressed, legal-sized, stamped envelope to: RECIPES, Box 10383-FF, Des Moines, IA 50306.

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BUDGET CUTS
continued

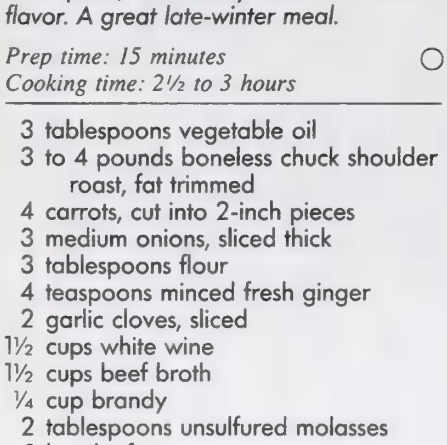
2 teaspoons minced fresh cilantro
2 teaspoons minced green onion
Cooked rice (optional)

Heat oil in Dutch oven over medium-high heat. Add chicken; brown 2 to 3 minutes per side; remove. Discard fat. Whisk in 1½ cups water with next 6 ingredients. Add chicken; cook uncovered, turning occasionally, 30 minutes.

Transfer chicken with slotted spoon to platter; cover and keep warm. Skim and discard fat from sauce. Return skillet to heat; bring to boil. Blend cornstarch and 2 tablespoons cold water in bowl. Add to boiling sauce, whisking until thickened. Stir in sesame oil. Pour sauce over chicken. Garnish with cilantro and green onion. Serve with rice. Makes 4 servings.

Per serving: 260 calories, 27 gm protein, 10 gm fat, 15 gm carbohydrates, 1,475 mg sodium, 107 mg cholesterol.

SCANDINAVIAN POT ROAST



Simmered in a sauce of molasses, wine and spices, this hearty dish has unusual flavor. A great late-winter meal.

Prep time: 15 minutes
Cooking time: 2½ to 3 hours

3 tablespoons vegetable oil
3 to 4 pounds boneless chuck shoulder roast, fat trimmed
4 carrots, cut into 2-inch pieces
3 medium onions, sliced thick
3 tablespoons flour
4 teaspoons minced fresh ginger
2 garlic cloves, sliced
1½ cups white wine
1½ cups beef broth
¼ cup brandy
2 tablespoons unsulfured molasses
1 bay leaf
2 teaspoons ground coriander
1 teaspoon salt
Pinch ground red pepper

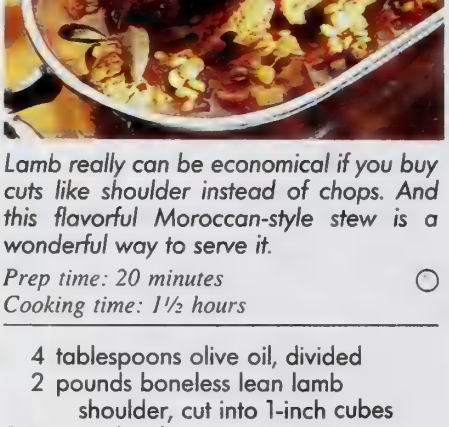
Preheat oven to 325°F. Heat oil in Dutch oven over medium heat. Add meat and brown on all sides, about 10 minutes. Remove meat and set aside. Add carrots and onions to Dutch oven; cook over medium-high heat, stirring occasionally, until lightly browned, 10 minutes. Stir in flour and cook until browned, 3 minutes.

Stir in ginger and garlic; cook, stirring, 30 seconds. Add wine, beef broth, brandy, molasses, bay leaf, coriander, salt and pepper. Bring to boil. Return meat to Dutch oven; cover, place in oven and cook 2½ hours or until fork-tender.

Remove meat from Dutch oven and slice against the grain. Arrange on platter with vegetables. Spoon on some sauce and pass remaining. Makes 8 servings.

Per serving: 355 calories, 34 gm protein, 18 gm fat, 12 gm carbohydrates, 619 mg sodium, 111 mg cholesterol.

SPICY LAMB AND LENTIL STEW



Lamb really can be economical if you buy cuts like shoulder instead of chops. And this flavorful Moroccan-style stew is a wonderful way to serve it.

Prep time: 20 minutes
Cooking time: 1½ hours

4 tablespoons olive oil, divided
2 pounds boneless lean lamb shoulder, cut into 1-inch cubes
1¾ cups diced onions
2 tablespoons paprika
2 tablespoons minced garlic
2 teaspoons nutmeg
1 can (28 oz.) plum tomatoes, drained and chopped
2 cans (13¾ or 14½ oz. each) beef broth plus enough water to equal 4 cups
½ teaspoon salt
⅛ teaspoon ground red pepper
2 cups dried lentils, rinsed and picked over
¼ cup fresh lemon juice
½ cup pitted and chopped Niçoise or Kalamata olives
2 tablespoons minced fresh mint

Heat 2 tablespoons olive oil in large Dutch oven over medium-high heat. Add half the lamb and cook until browned on all sides, about 5 minutes. Remove meat and repeat with remaining oil and lamb. Set lamb aside. Add onions to Dutch oven and cook 5 minutes. Return lamb to pot and stir in paprika, garlic and nutmeg. Cook, stirring, 2 minutes more.

Add tomatoes, broth mixture, salt and red pepper. Bring to boil, reduce heat, and simmer covered over medium-low heat until meat is almost tender, stirring occasionally, about 1 hour. Add lentils and cook uncovered until meat and lentils are tender, about 30 minutes. Just before serving, stir in lemon juice and top with olives and mint. Makes 8 servings.

Per serving: 450 calories, 38 gm protein, 17 gm fat, 38 gm carbohydrates, 921 mg sodium, 75 mg cholesterol.

BRAISED SHORT RIBS WITH GREMOLATA

pictured on pages 170 and 171
This is best when made a day ahead the flavors mellow and blend. And the can be easily skimmed after refrigerat overnight. Today boneless ribs are m available than bone-in and, with m meat per pound, they're a better buy

Prep time: 20 minutes
Cooking time: 2½ hours

3 pounds boneless beef short ribs fr chuck, cut into 3-inch sections
Salt and freshly ground pepper
3 tablespoons olive oil
3 large leeks (white part only), halve lengthwise and sliced
3 medium carrots, halved lengthwise and sliced diagonally 1-inch thick
2 celery ribs, sliced thick diagonally
4 garlic cloves, divided
2 strips (2½x1-inch) lemon peel, divided
1 bay leaf
4 sprigs fresh thyme or ¼ teaspoon dried
1 can (16 oz.) tomatoes in thick pure
1 can (13¾ or 14½ oz.) beef broth plus enough water to equal 2 cups
1 cup dry red wine
3 tablespoons minced fresh parsley, divided
1 to 2 tablespoons fresh lemon juice
1 pound wide egg noodles, cooked according to package direction (optional)

Preheat broiler. Place ribs in single l on large jelly-roll pan. Sprinkle with and pepper. Broil about 4 inches t heat source until browned on all s about 3 to 4 minutes per side. Drain

Meanwhile, preheat oven to 35 Heat oil in Dutch oven over medium-heat. Add leeks, carrots, celery, 3 g cloves, sliced, 1 strip lemon peel, bay and thyme; cook, stirring occasion until softened, 5 minutes. Stir in tomat broth and wine. Bring to boil. Imm ribs in tomato mixture, cover pot place in oven. Cook 2½ hours, tur every hour and adding broth if necess until meat is tender. Spoon off and card fat. Discard bay leaf, thyme sp and lemon peel.

Just before serving, mince remai lemon peel and garlic. Stir into ribs w tablespoons minced parsley. Season salt and pepper. Stir in lemon juic taste. Serve over noodles and spri with remaining parsley. Makes 8 servi

Per serving: With 2 ounces noodles, 575 calorie gm protein, 47 gm fat, 13 gm carbohydrates, 39 sodium, 93 mg cholesterol.

Lori Longbotham is co-author, with M Simmons, of "Better by Microwave" (ton, 1990).

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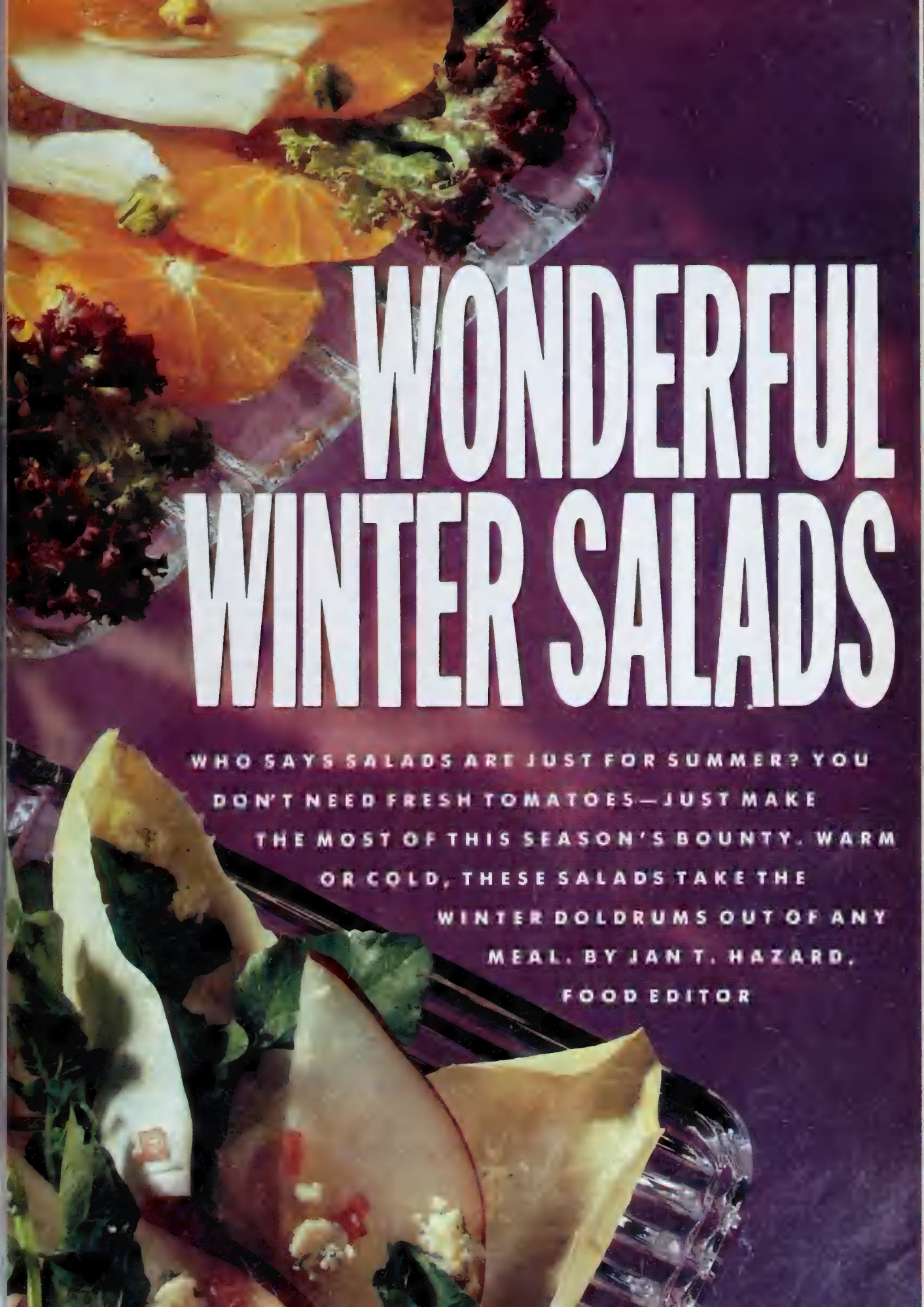
CLOCKWISE FROM LEFT: WARM GOAT CHEESE AND POTATO SALAD, MOROCCAN ORANGE AND FENNEL SALAD, PEAR AND STILTON SALAD VINAIGRETTE



WONDERFUL WINTER SALADS

WHO SAYS SALADS ARE JUST FOR SUMMER? YOU DON'T NEED FRESH TOMATOES—JUST MAKE THE MOST OF THIS SEASON'S BOUNTY. WARM OR COLD, THESE SALADS TAKE THE WINTER DOLDRUMS OUT OF ANY MEAL. BY JAN T. HAZARD, FOOD EDITOR

WINTER SALADS
continued

Easy · Moderate · Challenging · Microwave

RADICCHIO-CELERY RÉMOULADE

Celery root has a delicate flavor. Select small roots (larger ones tend to have pith).

Prep time: 25 minutes plus chilling

- ⅓ cup sour cream
- 3 tablespoons mayonnaise
- 1 tablespoon fresh lemon juice
- 1 tablespoon Dijon mustard
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 1⅓ pounds celery root (celeriac), peeled and julienned fine (4½ cups)
- 2 cups julienned radicchio
- Arugula and radicchio leaves, for garnish
- 1 tablespoon chopped parsley

Whisk first 6 ingredients in bowl. Add celery root; toss. *(Can be made ahead. Cover; refrigerate up to 24 hours.)*

Just before serving, stir in julienned radicchio. Line platter with arugula and radicchio leaves. Top with rémoulade and parsley. Makes 6 servings.

Per serving: 120 calories, 2 gm protein, 9 gm fat, 10 gm carbohydrates, 299 mg sodium, 10 mg cholesterol.

APPLE-CABBAGE-WALNUT SALAD

This crunchy winter slaw is the perfect accompaniment for pork and poultry.

Total prep time: 15 minutes

- 4 teaspoons red wine vinegar
- 1 teaspoon Dijon mustard
- ¾ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 tablespoons olive oil
- 4 cups thinly sliced red cabbage
- 1 Granny Smith apple, julienned
- ¼ cup chopped toasted walnuts

Whisk first 4 ingredients in bowl. Gradually whisk in oil. Add cabbage and apple; sprinkle with walnuts. Makes 4 servings.

Per serving: 150 calories, 2 gm protein, 12 gm fat, 11 gm carbohydrates, 458 mg sodium, 0 mg cholesterol.

CARROT-CAULIFLOWER SALAD

Tossing the salad while the vegetables are warm heightens the flavor of the dried mint, with very refreshing results.

Prep time: 10 minutes
Cooking time: 7 minutes

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon dried mint
- ½ teaspoon minced garlic
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 carrots, sliced thin diagonally
- 4 cups sliced cauliflower florets
- 2 green onions, chopped

Whisk first 6 ingredients in bowl until blended; set aside.

Place carrots in steamer rack in saucepan over simmering water; steam until tender, 4 minutes. Add to bowl with dressing; toss to coat. Steam cauliflower until tender, 3 minutes; add to bowl. Cool, then stir in green onions. Makes 4 servings.

Per serving: 115 calories, 3 gm protein, 7 gm fat, 12 gm carbohydrates, 312 mg sodium, 0 mg cholesterol.

WARM GOAT CHEESE AND POTATO SALAD

pictured on pages 176 and 177

Hot off the menus of trendy restaurants, warm goat cheese and potatoes make an unlikely but truly delicious pair.

Total prep time: 25 minutes

Potato Salad
- 1 pound small red potatoes
- 1 tablespoon balsamic vinegar
- 1 tablespoon minced red onion
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 tablespoons extra-virgin olive oil

- ⅓ cup fresh bread crumbs
- 1 tablespoon chopped parsley
- ¼ teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil
- 4 ounces goat cheese
- 5 cups mixed baby greens or watercress

Potato Salad: Cook potatoes in boiling salted water just until tender, 15 minutes. Whisk vinegar, onion, mustard, salt and pepper in bowl. Add oil. Drain potatoes, dice and toss with dressing; keep wa

Meanwhile, preheat broiler. Com crumbs, parsley and pepper in b Place oil in shallow dish. Slice cheese 4 pieces. Dip cheese in oil, then in cr to coat. Place on cookie sheet and b minute or until crumbs are golden.

Arrange greens on 4 salad pl Spoon warm potato salad onto cent greens. Top each serving with 1 slice cheese. Makes 4 servings.

Per serving: 305 calories, 9 gm protein, 20 gm f gm carbohydrates, 392 mg sodium, 26 mg chole

PEAR AND STILTON SALAD

pictured on pages 176 and 177

Tangy, blue-veined Stilton is the kin English cheeses and a perfect matc sweet, ripe pears.

Total prep time: 25 minutes

- ¼ cup ruby port wine
- ¼ cup minced shallots
- 1 tablespoon red wine vinegar
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 tablespoons olive oil
- 4 cups trimmed watercress
- 1 large head Belgian endive, separa
- 1 ripe pear, sliced thin
- ¼ cup crumbled Stilton cheese

Cook port with shallots in saucepan medium heat until liquid is almost ev rated; cool. Whisk in vinegar, salt pepper. Whisk in oil. Arrange water and endive on serving dish. Toss with vinaigrette and arrange on gr Sprinkle with cheese. Makes 4 servin

Per serving: 135 calories, 3 gm protein, 9 gm f gm carbohydrates, 335 mg sodium, 7 mg chole

MOROCCAN ORANGE AND FENNEL SALAD

pictured on pages 176 and 177

The earthy flavor of cumin highlight sweetness of the oranges and the fe

Prep time: 12 minutes plus standing

- 1 tablespoon fresh lemon juice
- ½ teaspoon cumin
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 tablespoons extra-virgin olive oil
- 1 small fennel bulb (¾ lb.), quartere cored and sliced very thin
- 2 navel oranges, peeled, halved lengthwise and sliced thin
- 2 tablespoons raisins
- 2 tablespoons chopped pistachio nu

Whisk first 4 ingredients in bowl. Wh oil. Add fennel and oranges and to coat. Let stand 30 minutes. Garnish raisins and nuts. Makes 4 servings.

Per serving: 145 calories, 3 gm protein, 9 gm f gm carbohydrates, 214 mg sodium, 0 mg chole

Recipes developed by Lisa Brainera Carol Prager.

Tasty cheddar nachos made simple:

Uno. Dos. Tres.

SIMPLE NACHOS

1. Take tortilla chips. Any kind. And plenty of them.

2. Add cheddar cheese. Preferably grated. The more, the better.

3. Zap in microwave on high, 30-45 seconds. Or in 400° oven for 5 minutes. Simple!

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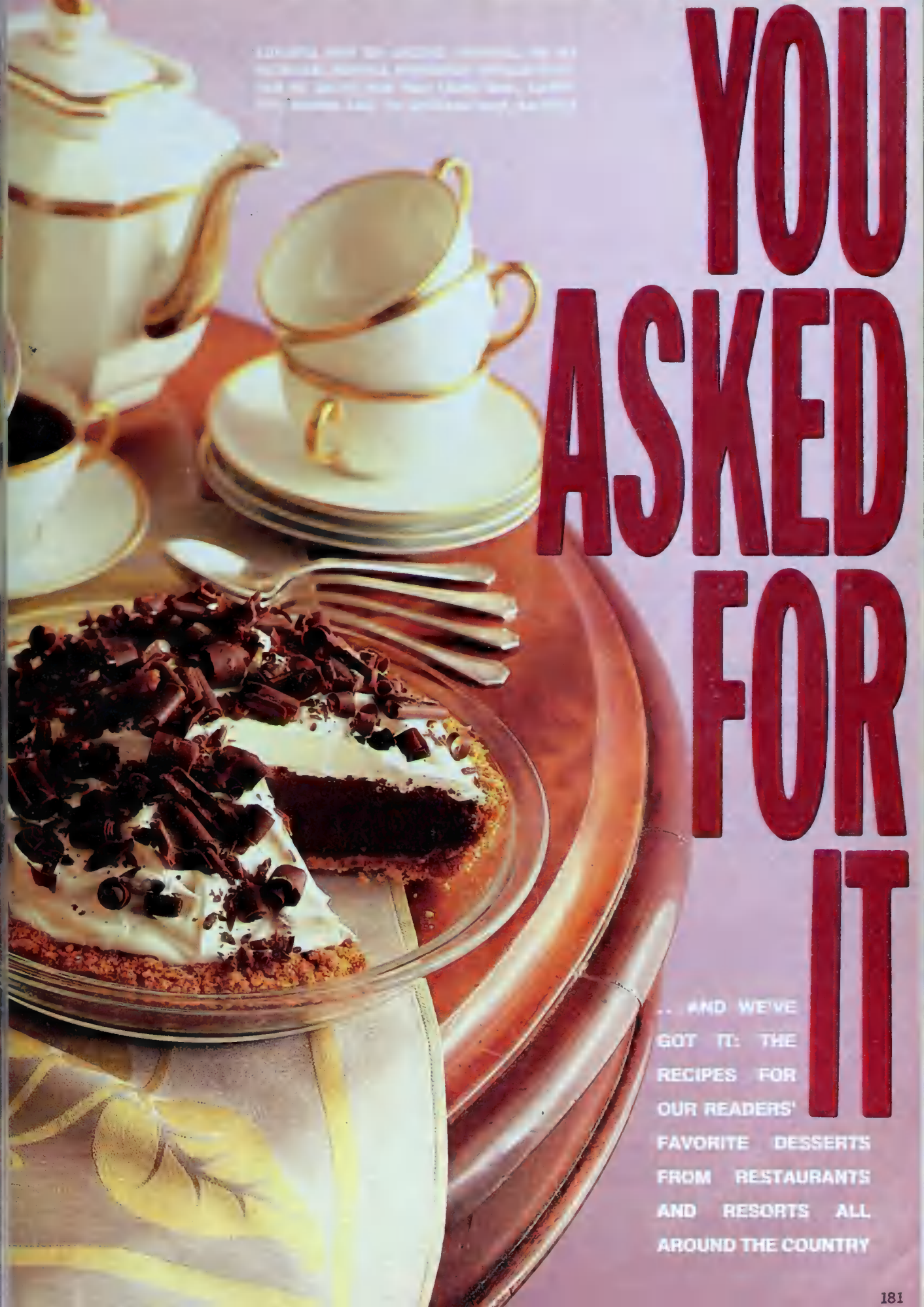
CHEDDAR MAKES IT BETTER.



YOU ASKED FOR IT

.. AND WE'VE GOT IT: THE RECIPES FOR OUR READERS' FAVORITE DESSERTS FROM RESTAURANTS AND RESORTS ALL AROUND THE COUNTRY

YOU ASKED FOR IT
continued

Easy · Moderate · Challenging · (M) Microwave

Dear LHJ:
Several years ago I stayed at the Green Mountain Inn, in Stowe, Vermont, where I enjoyed a raspberry sorbet from the spa menu. I purchased all types of sorbets, hoping to come close, to no avail. Please help me obtain this incredible recipe.
Carol Daly, Freehold, NJ

RASPBERRY SORBET

Store-bought sorbet will never taste like this! The Inn's version is best when served the day it's made. The alcohol gives it the creamy texture.

Prep time: 10 minutes plus freezing ○

½ cup water
¾ cup sugar
4 cups fresh raspberries or 2 bags (12 oz. each) frozen, thawed
3 tablespoons raspberry-flavored schnapps or berry-flavored liqueur
1 tablespoon fresh lemon juice
Mint sprigs, for garnish

Heat water and sugar in large saucepan over medium heat until boiling. Reduce heat and simmer gently until sugar is completely dissolved. Cool.

Press raspberries through wire mesh sieve over medium bowl to remove seeds and yield about 2 cups juice. Combine juice, sugar syrup, raspberry schnapps, and lemon juice in large bowl. Pour into ice-cream maker and freeze according to manufacturer's directions. Store in freezer at least 2 hours. Scoop into serving bowls and garnish with mint sprigs. Makes about 3 cups.

Per ½ cup: 160 calories, 1 gm protein, 0 gm fat, 37 gm carbohydrates, 0 mg sodium, 0 mg cholesterol.

Dear LHJ:
The Camelback Inn, in Scottsdale, Arizona, makes a wonderful dessert that my mother-in-law has been trying to duplicate for years. It is always served at the lunch buffet, and has a buttery bottom crust and a delicious toffee taste. I would love to be able to provide her with the recipe and would be delighted if you could help me.
Judy Webster, Rancho Palos Verdes, CA

PECAN DIAMONDS

These rich bar cookies are a favorite in our test kitchen, too. The crust is delicate, so to prevent crumbling, we did the baking in a foil-lined pan. That way it's easy to remove the cookies from the pan before cutting them.

Prep time: 15 minutes ◒
Baking time: 50 to 55 minutes

Crust
½ cup unsalted butter, softened (no substitutions)
½ cup sugar
¼ cup vegetable shortening
2 cups all-purpose flour
¼ teaspoon baking powder
⅛ teaspoon salt

Topping
½ cup unsalted butter, cut up (no substitutions)
½ cup firmly packed brown sugar
¼ cup granulated sugar
⅓ cup honey
¼ cup heavy or whipping cream
1 pound pecan halves

Crust: Preheat oven to 350°F. Line 13x9x2-inch baking pan with foil. Beat butter and sugar in mixer bowl until light. Add shortening and continue beating until light. Combine dry ingredients in medium bowl; gradually add to butter-shortening until mixture resembles coarse crumbs. Press evenly into prepared pan. Bake 25 to 30 minutes, until edges are lightly browned. Cool on wire rack.
Topping: Meanwhile, heat butter, sugars and honey in medium saucepan over medium-high heat until butter is melted and sugar dissolves. Bring to boil and boil 3 minutes. Stir in cream, then pecans, until well coated.

Pour topping over crust, spreading evenly. Bake 25 minutes or until entire top is bubbling. Cool completely on wire rack. Invert pan; remove pan and peel off foil. Invert again and cut into 1½x1-inch diamonds. Makes 30.

Per cookie: 250 calories, 2 gm protein, 19 gm fat, 21 gm carbohydrates, 16 mg sodium, 19 mg cholesterol.

Dear LHJ:
I am a chocoholic who would love to have the recipe for the Queen Mother Cake served at La Tourelle restaurant, in Memphis. It is the best!
Baben Jonay, Boone, NC

QUEEN MOTHER CAKE

This cake is truly a chocoholic's dream–rich batter laced with ground almor and topped with a chocolate glaze. Usi a good-quality jam makes the ice crean delectable companion to the cake.

Prep time: 25 minutes
Baking time: 50 minutes

Cake
6 squares (6 oz.) semisweet chocolate coarsely chopped
½ cup butter, cut up
4 ounces blanched almonds
¾ cup sugar, divided
6 large eggs, separated, at room temperature
Pinch salt

Glaze
4 squares (4 oz.) semisweet chocolate, chopped
⅓ cup heavy or whipping cream, scalded

Crème de Cassis Ice Cream
2 cups half and half cream
½ cup seedless blackberry jam
3 tablespoons crème de cassis or blackberry liqueur
¼ cup sugar

Cake: Preheat oven to 350°F. Gre 8-inch springform pan.

Melt chocolate and butter in dou boiler over simmering water, stirring casionally, until smooth. Cool.

In food processor grind almonds with cup sugar until fine. Beat egg yolks remaining sugar in mixer bowl mixture forms ribbon when bea are lifted. Carefully fold in chocolate, t nuts. Beat egg whites and salt in anot mixer bowl to soft peaks. Gently f whites in 3 batches into chocolate mixt until blended. Pour into prepared pan.

Bake 50 minutes or until just firm. C completely in pan on wire rack. Rem sides of pan. Spread evenly with gl Serve with Crème de Cassis Ice Cre Makes 16 servings.

Glaze: Melt chocolate with cream in s saucepan over low heat until smooth.

Per serving: Without ice cream, 265 calories, protein, 19 gm fat, 21 gm carbohydrates, 9 sodium, 102 mg cholesterol.

Crème de Cassis Ice Cream: Whisk cre jam, liqueur and sugar in large bowl smooth. Freeze in ice-cream maker cording to manufacturer's *(contin*

Introducing
he world's easiest homemade brownies.

NEW

Baker's® Chocolate One-Bowl Brownie Recipe

4 squares BAKER'S® Unsweetened Chocolate
3/4 cup (1 1/2 sticks) margarine
2 cups sugar
3 eggs
1 teaspoon vanilla
1 cup all-purpose flour
1 cup chopped nuts (optional)

1. **MICROWAVE*** chocolate and margarine in large microwavable bowl at HIGH 2 min. or until margarine is melted. STIR UNTIL CHOCOLATE IS MELTED.
2. **STIR** in sugar. Mix in eggs and vanilla. Stir in flour and nuts. Spread in greased 13"x9" pan.
3. **BAKE AT 350°** for 30 to 35 min. (DO NOT OVERBAKE). Cool; makes 24.

*RANGE TOP: Stirring constantly, melt chocolate and margarine in 3-quart saucepan over very low heat. CAKELIKE BROWNIES: Stir in 1/2 cup milk with eggs and vanilla. Use 1 1/2 cups flour.

o easy, you'll never make a mix again.

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YOU ASKED FOR IT
continued

directions. Makes 3½ cups.

Per ¼ cup ice cream: 85 calories, 1 gm protein, 3 gm fat, 12 gm carbohydrates, 14 mg sodium, 11 mg cholesterol.

Dear LHJ:
My daughter and I celebrate special occasions by taking tea at the Ritz-Carlton in Boston. We especially appreciate the Fresh Fruit Tart and would love to have the recipe for this delicacy. (We will still celebrate special occasions at the Ritz!)

Lois Tulikangas, Reading, MA

FRESH FRUIT TART

The key to a crisp pastry shell is weighting down the pastry in the first part of the baking. We use dried beans; simply save them to use for your next perfect crust.

Prep time: 45 minutes plus chilling
Baking time: 25 minutes

Pastry
- 1½ cups all-purpose flour
- 2 teaspoons sugar
- ½ teaspoon salt
- ½ cup cold butter, cut up
- 4 to 5 tablespoons ice water

Pastry Cream
- 2 cups milk
- 3 large egg yolks
- ½ cup sugar
- ⅓ cup plus 1 tablespoon cornstarch
- 2 tablespoons butter
- 2 tablespoons amaretto liqueur
- ¼ teaspoon almond extract
- 1 cup heavy or whipping cream

- ⅓ cup apricot preserves
- 1 pint strawberries, sliced
- 2 kiwifruit, peeled and sliced

Pastry: Combine flour, sugar and salt in medium bowl. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Sprinkle on water 1 tablespoon at a time, tossing with fork until moist enough to hold together. Shape into ball. Wrap and refrigerate 1 hour or overnight.

Preheat oven to 425°F. Roll pastry on lightly floured surface to 12-inch circle. Fit into 10-inch tart pan with removable bottom. Prick bottom with fork. Freeze tart shell 15 minutes. Line with foil; fill with dried beans. Bake 10 minutes. Remove foil with beans and bake pastry 12 to 15 minutes more, until golden brown. Cool completely on wire rack.

Pastry Cream: Bring milk to boil in medium saucepan over medium-high heat. Meanwhile, whisk yolks and sugar together in small bowl; whisk in cornstarch. Gradually whisk in hot milk. Return to pan and bring to boil, stirring constantly. Reduce heat and cook, stirring, 2 minutes more. Strain through fine sieve into medium bowl. Whisk in butter, liqueur and almond extract. Cover surface of cream with wax paper; cool. Refrigerate until cold. Whisk just until smooth. Beat cream to stiff peaks and fold into pastry cream with rubber spatula.

To assemble, melt apricot preserves in small saucepan; strain through fine sieve and keep warm. Spread pastry cream in cooled tart shell. Arrange fruit slices decoratively on top in concentric circles. Brush with the apricot glaze. Makes 10 servings.

Per serving: 415 calories, 5 gm protein, 24 gm fat, 46 gm carbohydrates, 172 mg sodium, 134 mg cholesterol.

Dear LHJ:
The Ark, in Nahcotta, Washington, is one of my favorite restaurants, where we have many special celebrations. The Hazelnut Cheesecake is divine! I'd love to have the recipe.

Veronica Williams, South Bend, WA

HAZELNUT CHEESECAKE

pictured on page 180

Take the time to remove as much of the hazelnut skin as possible (skin can taste bitter)—the extra effort pays off with a delightful flavor.

Prep time: 35 minutes plus chilling
Baking time: 1 hour 20 minutes

- 2 cups (8 oz.) hazelnuts
- 1¾ cups sugar, divided
- 4 packages (8 oz. each) cream cheese, at room temperature
- 1 tablespoon all-purpose flour
- 4 large eggs
- 2 tablespoons hazelnut liqueur
- 1 teaspoon vanilla extract

Topping
- 1½ cups sour cream
- ¼ cup sugar
- 1 tablespoon hazelnut liqueur
- 1 teaspoon vanilla extract

Caramel Decoration (optional)
- ¾ cup sugar
- ¼ cup water

Preheat oven to 350°F. Spread hazelnuts on cookie sheet and bake until skins crack, about 15 minutes. Reduce heat to 325°F.

Transfer nuts to kitchen towel and rub until most of the skins come off. Cool. Chop nuts with ½ cup sugar in food processor until ground fine.

Butter bottom and sides of 10-i springform pan and tightly cover out of pan with heavy-duty foil to prevent cheese mixture from oozing out.

Beat cream cheese in large mixer b at medium-high speed until light fluffy. Gradually beat in remaining cups sugar and continue beating smooth. Reduce speed and beat in fl Add eggs one at a time, beating just blended after each addition. Beat i queur and vanilla. Fold in hazelnuts rubber spatula.

Pour filling into prepared pan. Plac a water bath: Place springform pa roasting pan on oven rack. Pour eno boiling water into larger pan to co inch up sides of springform pan. Bake hours or until center is just set.

Topping: Meanwhile, combine s cream, sugar, hazelnut liqueur and va la in small bowl and mix until smoot

Remove cheesecake from water b and spread topping evenly over c Return to water bath and bake 5 min more. Remove from water bath. C completely on wire rack. Remove from pan. Cover top of springform and refrigerate overnight. Remove s of pan just before serving. Top with c mel if desired. Makes 16 servings.

Caramel Decoration: Line cookie sh with foil. Lightly butter foil; set aside. H sugar and water in large skillet over dium-high heat, shaking pan occasion to dissolve sugar. Do not stir. Cont cooking until sugar is a rich amber co being careful not to burn. Immedic pour onto prepared cookie sheet. harden completely, about 15 min Break into ¾-inch pieces. Arrange de ratively on cake as pictured.

Per serving: 455 calories, 8 gm protein, 34 gm 31 gm carbohydrates, 196 mg sodium, 125 mg lesterol.

Dear LHJ:
While we enjoy your recipes for lig meals, we do occasionally indulge rich dessert. We tasted the most exqu chocolate pie at Pickles Restaurant Bally's Park Place in Atlantic City. possible to get the recipe for the Ch late Seduction Pie? I would really lov try it at home.

Myra Buck, Long Branch

CHOCOLATE SEDUCTION PIE

pictured on page 181

This pie is packed with chocolate! trick to working with a large amoun chocolate is to maintain a velvety smo ness, so avoid both overchilling and o beating, which cause the chocolate to come grainy.

Prep time: 30 minutes plus chilling

- 1¼ cups heavy or whipping cream
- ⅓ cup milk

(contin

Tomato Sauce
Tomato Paste
Crushed Tomatoes
Pizza Sauce
Whole Peeled Tomatoes
Tomato Puree
Stewed Tomatoes
Contadina
TOMATO SAUCE
Hand picked by good cooks.™

YOU ASKED FOR IT
continued

½ cup sugar
¼ cup butter, cut up
16 squares (16 oz.) semisweet chocolate, coarsely chopped
9-inch prepared graham cracker pie crust
Sweetened whipped cream
Chocolate shavings

Bring cream, milk, sugar and butter to boil in large saucepan over medium-high heat. Remove from heat and stir in chocolate until smooth. Place saucepan in large bowl filled with iced water. Chill, stirring occasionally, until cold, about 10 minutes. Remove from iced water. Transfer filling to mixer bowl and beat at medium speed to soft peaks, about 1 minute. *Do not overbeat.* Pour into prepared pie crust. Refrigerate until firm, 4 hours or overnight.

To serve, decorate pie with whipped cream and chocolate shavings. Makes 12 servings.

Per serving: 420 calories, 3 gm protein, 30 gm fat, 40 gm carbohydrates, 153 mg sodium, 49 mg cholesterol.

Dear LHJ:
My daughter and son-in-law recently ate at Rhett's in the Opryland Hotel in Nashville. They had Mounds Cake for dessert and said it was wonderful. Could you please try to get the recipe?

Judy Parker, Mesquite, TX

MOUNDS CAKE

pictured on page 180

If you love the candy bar from which this cake gets its name, we guarantee you'll adore this cake.

Prep time: 45 minutes
Baking time: 20 to 25 minutes

Cake
2½ cups cake flour
½ cup unsweetened cocoa powder
1½ teaspoons baking soda
1 teaspoon baking powder
¼ teaspoon salt
¾ cup butter or margarine, softened
1 cup sugar
3 eggs
1½ cups milk

Ganache
1 cup heavy or whipping cream
12 squares (12 oz.) semisweet chocolate, chopped

Coconut Layer
½ cup sweetened cream of coconut
¼ cup light corn syrup
2 cups shredded (about 6 oz.) coconut

Simple Syrup
½ cup sugar
¼ cup water

¾ cup sliced almonds, toasted and chopped fine

Cake: Preheat oven to 350°F. Grease th 9-inch round cake pans. Line each with v paper. Grease paper and flour pans.

Combine dry ingredients in bowl. B butter and sugar in mixer bowl at medi speed until light. Add eggs one at a ti beating well after each addition. Add ingredients alternately with milk until v blended, beginning and ending with ingredients. Pour evenly into prepa pans. Bake 20 to 25 minutes, until toc pick inserted in center comes out cle Cool on wire racks 5 minutes. Inv cakes; remove pans and peel off pap invert again to cool completely.

Ganache: Bring cream to boil in medi saucepan. Remove from heat; add ch olate and whisk until smooth. Transfe medium bowl and chill until slightly fi 10 minutes.

Coconut Layer: Bring cream of coco and corn syrup to simmer in medi saucepan. Stir in shredded coconut; co

Simple Syrup: Bring sugar and water boil in small saucepan; cook until sugo dissolved, 1 minute.

To assemble, brush each cake la with syrup. Place 1 layer on serving pl and spread with ⅓ cup ganache, ther cup coconut. Repeat with second la ganache and coconut. Top with third l er. Frost sides with ½ cup ganache. Fi top with ⅓ cup ganache, then spre with remaining 1 cup coconut. Refrigen remaining ½ cup ganache until fi Spoon ganache into pastry bag fit with #4 star tip. Pipe decoratively arou top edge of cake. Pat chopped almo around sides. Makes 12 servings.

Per serving: 675 calories, 9 gm protein, 41 gm 76 gm carbohydrates, 388 mg sodium, 116 mg lesterol.

Dear LHJ:
Aspen's luxury resort, The Little N serves an apple cobbler that is t out of this world! I'd love to serve i home even when it's not skiing season

Claudia Cooper, Middlebury,

APPLE COBBLER

not pictured

Executive chef Richard Chamber serves this dessert two ways—inverted it resembles the classic French tarte tc and more traditionally, with a crust on The former version is our favorite. Golden Delicious apples because of way they maintain their flavor and sha

Prep time: 30 minutes plus chilling
Cooking time: 1 hour 20 minutes

TRUE BLUE.

THIS HEAVY-DUTY MIXER EFFORTLESSLY KNEADS THE TOUGHEST DOUGH. ITS OPTIONAL ATTACHMENTS LET YOU GRIND MEATS, PUREE FRUITS, SLICE VEGETABLES, SHRED CHEESE. EVEN MAKE PASTA, GRIND GRAIN AND STUFF SAUSAGE. THE KITCHENAID® MIXER CAN BECOME A TOTAL FOOD PREPARATION CENTER. ONE THAT'S MADE TO LAST THROUGH THE YEARS.

KitchenAid FOR THE WAY IT'S MADE.™

y
cups all-purpose flour
cup sugar
teaspoon salt
cup cold butter,
cut up
cup shortening
to 4 tablespoons
ice water

up butter, cut up
up sugar, divided
Golden Delicious apples
(about 5 lb.)
weetened whipped cream (optional)

y: Combine flour, sugar and salt in
bowl. With pastry blender or 2
s, cut in butter and shortening until
re resembles coarse crumbs. Sprin-
n water 1 tablespoon at a time, toss-
ith fork, until moist enough to hold to-
er. Shape into ball; flatten into disk.
p and refrigerate 30 minutes or
night.
ll pastry on lightly floured surface
a 14-inch circle about ¼-inch thick.
to 13-inch circle. Transfer to cookie
t and refrigerate.
eheat oven to 425°F. Add 6 table-
ns cut-up butter to heavy, 12-inch
proof skillet. Sprinkle ½ cup sugar
butter in skillet. (Wrap the handle of
skillet with foil.) Peel and halve ap-
core with melon baller. Arrange ap-
on their sides in tight concentric cir-
in skillet (pack in as many apples as
ible). Sprinkle with remaining butter
sugar. Cook over medium-high heat
apples begin to brown, 20 to 25
tes. Carefully turn apples over with
-handled fork and continue cooking
juices become dark caramel-colored,
minutes more.
move skillet from heat and place
y on top, tucking in edges. Bake 20
tes or until golden. Immediately in-
carefully onto serving platter. Rear-
e any apples that stick in skillet.
e warm or at room temperature with
llop of whipped cream. Makes 12
ngs.

erving: 420 calories, 3 gm protein, 23 gm fat,
carbohydrates, 353 mg sodium, 45 mg choles-

LHJ:
uld dearly love the recipe for Choco-
Bourbon Pecan Pie from Command-
Palace in New Orleans. It's a pecan
vith a solid layer of chocolate on top
a slight bourbon taste. Scrumptious!
Carole Dahlinger, Nashville

OCOLATE BOURBON
AN PIE

pictured

Brennan, the owner of this venerable cent City institution, gladly shares this e with us. The bourbon and pecans this pie a distinctly Southern flavor.

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Prep time: 25 minutes plus chilling
Baking time: 40 minutes

Pastry
- 1¼ cups all-purpose flour
- ½ teaspoon salt
- Pinch sugar
- 6 tablespoons butter
- 2 tablespoons vegetable shortening
- 3 to 4 tablespoons ice water

Filling
- ⅓ cup butter
- ¾ cup firmly packed brown sugar
- 3 large eggs
- 1 cup chopped pecans, toasted and cooled
- ½ cup light corn syrup
- 2 tablespoons bourbon
- 1 teaspoon vanilla extract
- ¼ teaspoon salt

Chocolate Ganache
- ½ cup heavy or whipping cream
- 5 squares (5 oz.) semisweet chocolate, cut into pieces

10 pecan halves, for garnish

Pastry: Combine flour, salt and sugar in large bowl. Cut in butter and shortening with pastry blender or 2 knives until mixture resembles coarse crumbs. Sprinkle on water 1 tablespoon at a time, tossing with fork until pastry is moist enough to hold together. Shape into ball. Cover and refrigerate 30 minutes.

Preheat oven to 425°F. Roll pastry on lightly floured surface into 11-inch circle. Line 9-inch pie plate with pastry. Trim and flute edge. Freeze 15 minutes. Line with foil and fill with dried beans. Bake 10 minutes. Remove foil and beans. (Reserve beans to reuse for baking another crust.) Bake pastry 12 to 15 minutes more, until pale golden. Cool on wire rack.

Filling: Reduce oven temperature to 375°F. Beat butter and brown sugar until light. Beat in eggs one at a time. Stir in pecans, corn syrup, bourbon, vanilla and salt.

Pour filling into pastry and bake 30 minutes until knife inserted 1-inch from edge of pie comes out clean. Transfer to wire rack. While still warm, spread ganache over top. Garnish with pecan halves. Cool completely on wire rack before serving. Makes 10 servings.

Chocolate Ganache: Bring cream to boil in small saucepan. Remove from heat and whisk in chocolate until smooth.

To toast pecans: Preheat oven to 350°F. Arrange nuts on cookie sheet and bake in center of oven, stirring occasionally, about 10 minutes or until fragrant and golden. Cool before chopping.

Per serving: 530 calories, 5 gm protein, 36 gm fat, 51 gm carbohydrates, 348 mg sodium, 115 mg cholesterol. ■

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Here's a snack you can feel good about. Del Monte® Lite Fruit Cocktail. Lower in c ories, and packed with great fruit taste. It's t healthy way to get a quick lift.

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THE GOOD MORNING AMERICA BREAKFAST BOOK

THE MOST-POPULAR MORNING TV TRIO INSPIRED US TO CREATE A SLEW OF SPECIAL RECIPES THAT ARE WORTH GETTING UP FOR. YOU'LL LOVE OUR WEEKDAY IDEAS, WEEKEND TREATS, FAST-FOOD FACTS AND TIPS FROM THE GMA CREW ON WHAT MAKES THEIR MORNINGS GREAT

BLENDER CAPPUCCINO

One of the pleasures of cappuccino is the froth of steamed milk on top. You don't need professional equipment to achieve that foamy goodness: We simply use the blender.

Prep time: 5 minutes ○Ⓜ
Microwave time: 3 to 4 minutes

Prepare 1⅓ cups espresso or very strong coffee. Meanwhile, microwave 1⅓ cups low-fat (1%) milk in 2-cup microwaveproof glass measure 3 to 4 minutes, until boiling. Transfer milk to blender and blend at high speed 1 minute or until very frothy. Pour coffee into 4 cups, add milk and sprinkle with cinnamon if desired. Makes 4 servings.

Per serving: 35 calories, 3 gm protein, 1 gm fat, 4 gm carbohydrates, 42 mg sodium, 3 mg cholesterol.

BUTTERMILK-CURRANT SCONES

Scones aren't just for four o'clock tea anymore—whip these up for breakfast.

Prep time: 10 minutes ○
Baking time: 10 to 12 minutes

- 2 cups self-rising flour
- 2 tablespoons sugar, divided
- ¼ cup butter or margarine, cut up
- ⅓ cup currants or raisins
- 1 large egg, lightly beaten
- ⅔ cup plus 2 tablespoons buttermilk
- Strawberry jam (optional)

Preheat oven to 450°F. Grease and flour cookie sheet.

Combine flour and 1 tablespoon sugar in large bowl. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Add currants, stirring to combine.

Combine egg and buttermilk in glass measure. Stir into flour mixture, stirring with fork until dough is moist enough to hold together. Knead on lightly floured surface just until smooth. Lightly shape into ball; flatten slightly. Transfer to prepared cookie sheet. Sprinkle top with remaining 1 tablespoon sugar. Roll or pat dough into 8-inch circle, ½-inch thick. Cut into 8 *(continued)*

(continued) wedges. Bake 10 to 12 minutes or until golden. Transfer to wire rack. Serve warm with jam. Makes 8.

Per scone: 210 calories, 5 gm protein, 7 gm fat, 32 gm carbohydrates, 489 mg sodium, 43 mg cholesterol.

QUICK BITES

On-the-run-breakfast baked goods that deliver: Our assortment of muffins and bars are chock-a-block with fiber as well as flavor.

CHOCOLATE CHIP–BANANA MUFFINS

Prep time: 15 minutes ○
Baking time: 25 minutes

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1½ cups mashed very ripe bananas
- ⅔ cup firmly packed brown sugar
- 2 large eggs
- ¼ cup vegetable oil
- 1 teaspoon vanilla extract
- ½ cup mini chocolate chips

Preheat oven to 400°F. Grease twelve 2½-inch muffin-pan cups. Combine flour, baking powder, baking soda and salt in large bowl. Combine bananas, sugar, eggs, oil and vanilla in medium bowl. Stir into dry ingredients just until combined; stir in chocolate chips. Spoon into prepared muffin cups. Bake 25 minutes or until toothpick inserted in center comes out clean. Remove from pan and cool on wire racks. Makes 1 dozen.

Per muffin: 240 calories, 4 gm protein, 8 gm fat, 39 gm carbohydrates, 216 mg sodium, 37 mg cholesterol.

OATMEAL-DATE-NUT MUFFINS

Prep time: 15 minutes ○
Baking time: 25 minutes

- 1 cup old-fashioned oats, uncooked
- ½ cup chopped pitted dates
- 1 cup milk
- 1½ cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 large eggs, lightly beaten
- ⅔ cup firmly packed brown sugar
- ¼ cup butter or margarine, melted
- ½ teaspoon grated orange peel
- ⅓ cup chopped walnuts

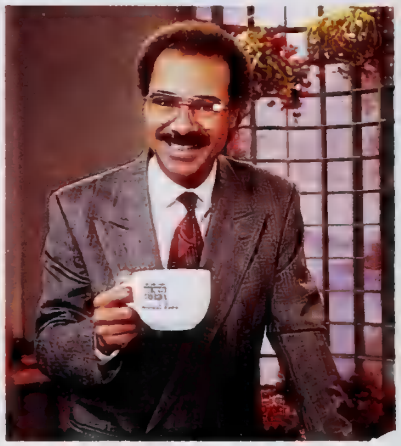
Preheat oven to 400°F. Grease twelve 2½-inch muffin-pan cups. Combine oats and dates with milk in medium bowl; let stand 10 minutes. Meanwhile, combine flour, baking powder and salt in large bowl. Stir eggs, sugar, butter and orange peel into oat mixture until blended. Stir in dry ingredients just until combined. Stir in nuts. Spoon into prepared muffin cups. Bake 25 minutes or until toothpick inserted in center comes out clean. Remove from pan and cool on wire rack. Makes 1 dozen.

Per muffin: 230 calories, 5 gm protein, 8 gm fat, 36 gm carbohydrates, 227 mg sodium, 49 mg cholesterol.

BREAKFAST FIG BARS

Prep time: 15 minutes ○
Baking time: 30 minutes

- ¾ cup all-purpose flour
- ½ cup whole wheat flour
- ½ teaspoon baking soda



It's no wonder Spencer Christian breakfasts at the studio—he has to be there at five A.M.! He watches his fat intake and brings his own health food—instant oat bran, fresh fruit and oat bran muffins

- ½ teaspoon cinnamon
- ½ teaspoon salt
- ¼ teaspoon baking powder
- ½ cup firmly packed brown sugar
- ⅓ cup vegetable oil
- ⅓ cup honey
- 1 large egg
- ½ cup milk
- 1 package (8 oz.) dried figs, diced
- ¾ cup chopped pecans, divided
- ½ cup quick-cooking oats, uncooked

Preheat oven to 350°F. Grease 13x9-inch baking pan. Combine flours, baking soda, cinnamon, salt and baking powder in bowl. Beat brown sugar, oil, honey and egg in mixer bowl until smooth. Add dry ingredients alternately with milk, beginning and ending with dry ingredients. Stir in figs, ½ cup pecans and oats. Spread into prepared pan. Sprinkle top with remaining pecans. Bake 30 minutes. Cool on wire rack. Cut into 3x2-inch bars. Makes 16.

Per bar: 210 calories, 3 gm protein, 9 gm fat, 32 gm carbohydrates, 112 mg sodium, 14 mg cholesterol.

APPLE BRAN MUFFINS

Prep time: 15 minutes ○
Baking time: 20 minutes *(continued)*

When your potassium comes with dairy calcium, you don't need a bunch.

An 8-ounce glass of milk has about as much potassium as the average banana. And an 8-ounce cup of yogurt has even more. Dairy foods can be an excellent source of potassium. And many other essential nutrients as well. Including, of course, calcium.

Milk and yogurt, like all dairy foods, also come in a variety of lower fat alternatives. So build your family's diet on a firm foundation of dairy foods.

It's the perfect way to avoid nutritional slip-ups.

Dairy Foods. The Basics of Good Nutrition.

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National Dairy Board
America's Dairy Farmers

(continued)

1 cup applesauce
1 medium tart apple, peeled and diced (1 cup)
1 cup 100% bran cereal
½ cup sugar
¼ cup vegetable oil
2 large eggs, lightly beaten
1 cup wheat bran
½ cup all-purpose flour
½ cup whole wheat flour
2 teaspoons baking powder
½ teaspoon cinnamon
½ teaspoon salt

Preheat oven to 400°F. Grease twelve 2½-inch muffin-pan cups. Combine applesauce, diced apple, bran cereal, sugar, oil and eggs in large bowl. Let stand 5 minutes. Combine wheat bran, flours, baking powder, cinnamon and salt in another bowl. Stir dry ingredients into apple mixture until just blended. Spoon into prepared muffin cups. Bake 20 minutes. Cool in pan 5 minutes; transfer to wire rack to cool completely. Makes 1 dozen.

Per muffin: 170 calories, 4 gm protein, 6 gm fat, 29 gm carbohydrates, 212 mg sodium, 35 mg cholesterol.

WHOLE WHEAT–PUMPKIN MUFFINS

Prep time: 15 minutes ○
Baking time: 25 minutes

1 cup all-purpose flour
1 cup whole wheat flour
⅔ cup sugar
2 teaspoons baking powder
½ teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon salt
½ teaspoon cloves
¼ teaspoon nutmeg
1 cup canned pumpkin
½ cup milk
⅓ cup vegetable oil
2 large eggs
1½ teaspoons vanilla extract
½ cup raisins
⅓ cup plus 2 tablespoons sunflower seeds

Preheat oven to 400°F. Grease twenty-four 2½-inch muffin-pan cups. Combine flours, sugar, baking powder and soda, cinnamon, salt, cloves and nutmeg in large bowl. Whisk pumpkin, milk, oil, eggs and vanilla in another bowl. Make a well in center of dry ingredients; add pumpkin mixture and stir just until combined. Stir in raisins and ⅓ cup sunflower seeds. Spoon into prepared muffin cups and sprinkle with remaining 2 tablespoons sunflower seeds. Bake 25 minutes or until toothpick inserted in center comes out clean. Cool in pans on wire rack 5 minutes. Remove from pans and cool completely. Makes 2 dozen.

Per muffin: 125 calories, 3 gm protein, 5 gm fat, 17 gm carbohydrates, 107 mg sodium, 18 mg cholesterol

BEST BETS FOR KIDS

WHOLE WHEAT–BRAN WAFFLES WITH MICROWAVE PEAR COMPOTE

These whole grain breakfast treats are great weekend fare. Freeze any extras to pop in the toaster for a speedy bite during the week.

Prep time: 15 minutes ○ Ⓜ
Cooking time: 5 to 6 minutes per batch

¾ cup all-purpose flour
¾ cup whole wheat flour
½ cup wheat bran
2 tablespoons sugar
1 teaspoon baking powder
¾ teaspoon salt
½ teaspoon baking soda
2 large eggs, separated
2 cups buttermilk
¼ cup butter or margarine, melted
Maple syrup (optional)

Microwave Pear Compote
3 medium pears, peeled, seeded and cut into ¾-inch cubes
1 tablespoon sugar
1 tablespoon fresh lemon juice
Pinch allspice

Preheat waffle iron. Combine flours, wheat bran, sugar, baking powder, salt and baking soda in medium bowl. Beat egg yolks in large bowl; beat in buttermilk and melted butter. Stir in dry ingredients just until moistened. (Do not overmix.) Beat egg whites in small mixer bowl to stiff peaks; fold into batter. Lightly grease waffle grids. With ½-cup measure, spoon batter onto each grid. Cook 5 to 6 minutes, until crisp. Serve with maple syrup and Pear Compote. Makes 1 dozen.

Per waffle: 130 calories, 5 gm protein, 5 gm fat, 17 gm carbohydrates, 300 mg sodium, 47 mg cholesterol.

Microwave Pear Compote: Combine pears, sugar, lemon juice and allspice in 1½-quart microwaveproof casserole with lid. Microwave covered on High 10 minutes, stirring once after 5 minutes. Transfer 1 cup diced pears to bowl; puree remaining mixture in food processor until smooth. Add to diced pears; cool. Makes 1⅓ cups.

Per tablespoon: 15 calories, 0 gm protein, 0 gm fat, 4 gm carbohydrates, 0 mg sodium, 0 mg cholesterol.

DADDY'S PANCAKES

When Joan's husband, Michael Krauss, whips these up, the kids ask for theirs in assorted shapes and letters. Try topping yours with warmed fruit preserves, too.

Prep time: 10 minutes ○
Cooking time: 4 minutes per batch

1 cup skim milk
⅓ cup oat bran
⅓ cup old-fashioned oats, uncooked
⅔ cup all-purpose flour
2 tablespoons dark brown sugar

(continued)

PROMISE.® A TASTE YOU CAN TAKE TO HEART.

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(continued)

1 teaspoon baking powder
¼ teaspoon baking soda
Pinch salt
2 large egg whites
1 teaspoon vanilla extract
Fruit preserves or maple syrup (optional)

Combine milk, oat bran and oats in medium bowl; let stand 10 minutes.

Meanwhile, combine flour, sugar, baking powder, baking soda and salt in large bowl. Stir in milk mixture, egg whites and vanilla. Spray large nonstick skillet with vegetable cooking spray and heat over medium-high heat. With ¼-cup measure, ladle batter into skillet. Cook until bubbles form on surface of pancakes, about 2 minutes. Turn and continue cooking until brown, 2 minutes more. Repeat with remaining batter. Serve with warmed fruit preserves or maple syrup. Makes 1 dozen.

Per pancake: 65 calories, 3 gm protein, 0 gm fat, 12 gm carbohydrates, 84 mg sodium, 0 mg cholesterol.

CINNAMON-RAISIN FRENCH TOAST

Our dressed-up version of classic French toast uses raisin bread instead of the usual sandwich loaf.

Prep time: 5 minutes ○
Cooking time: 10 minutes

3 large eggs
¾ cup milk
½ teaspoon grated orange peel
¼ teaspoon vanilla extract
Pinch salt
8 slices day-old cinnamon-raisin bread
2 tablespoons butter or margarine, divided
Confectioners' sugar
Maple syrup (optional)

Whisk eggs, milk, orange peel, vanilla and salt together in bowl. Arrange bread slices in one layer in shallow dish; pour egg mixture over bread. Let stand 5 minutes.

Melt 1 tablespoon butter in large skillet over medium heat. Cook half the bread until browned, about 2 minutes per side. Transfer to warm serving platter. Repeat with remaining butter and bread. Sift confectioners' sugar over top of French toast slices and serve with maple syrup. Makes 4 servings.

Per serving: 265 calories, 10 gm protein, 12 gm fat, 30 gm carbohydrates, 344 mg sodium, 183 mg cholesterol.

BREAKFAST RICE PUDDING

Warm rice and milk heated quickly in the microwave make an old-fashioned rice pudding that happens to be a great breakfast cereal!

Prep time: 5 minutes ○ Ⓜ
Microwave time: 2 minutes

½ cup cooked long-grain rice
⅓ cup milk
2 teaspoons sugar
Pinch cinnamon
Pinch cardamom

Combine all ingredients in 2-cup microwaveproof bowl. Microwave on High 2 minutes, until creamy and thickened. Makes 1 serving.

Per serving: 215 calories, 5 gm protein, 3 gm fat, 41 gm carbohydrates, 42 mg sodium, 11 mg cholesterol.

MICROWAVE BREAKFAST POLENTA

The Italians serve polenta, a simple cornmeal dish, as a side dish or in place of bread. Served for breakfast, it's reminiscent of the stick-to-the-ribs porridge you had as a child.

Prep time: 5 minutes ○ Ⓜ
Microwave time: 8 to 9 minutes

1 cup milk
1 cup water
½ cup yellow cornmeal
1 tablespoon sugar
¼ teaspoon salt
Butter
Maple syrup or honey

Combine milk, water, cornmeal, sugar and salt in 2-quart microwaveproof casserole with lid. *(continued)*

Take a vacation from orange juice.

Wake up to something exciting for a change. Dole Breakfast Juices. Delicious combinations of 100% real fruit juices like Pineapple-Orange, Pineapple-Orange-Banana, Pineapple-Grapefruit and Paradise Fruits. Of course, there's Dole 100% pure Pineapple Juice as well. So try them all. Each has a full day's supply of Vitamin C, and no sugar added, plus a taste you'll enjoy waking up to.

Life's a little fresher with Dole™

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(continued) Microwave covered on High 8 to 9 minutes, whisking halfway through, until very thick. Whisk again. Serve with butter and maple syrup. Makes 2 servings.

Per serving: 225 calories, 7 gm protein, 5 gm fat, 39 gm carbohydrates, 331 mg sodium, 17 mg cholesterol.

SUNDAY'S SUNDAE

This weekend treat is the creation of Joan's husband, Michael, who makes them for their daughters. A selection of toppings leaves room for individual creativity.

Prep time: 10 minutes
Cooking time: 10 minutes

1⅓ cups old-fashioned oats, uncooked
2¼ cups water

Toppings
1 cup fresh strawberries, cut up

1 apple, diced
1 banana, sliced
1 tablespoon *each* chocolate chips and peanut-butter chips
1 tablespoon toasted coconut
1 tablespoon toasted chopped nuts

Prepare oatmeal as directed, using above amounts of oats and water. Scoop oatmeal into sundae dishes with ice-cream scoop and sprinkle with toppings. Makes 4 servings.

Per serving: 190 calories, 5 gm protein, 4 gm fat, 35 gm carbohydrates, 8 mg sodium, 0 mg cholesterol.

GOOD MORNING AMERICA GRANOLA

This homemade granola is chock-full of wholesome goodies, so there's more flavor but less fat and sugar than in commercial brands.

Prep time: 10 minutes
Baking time: 15 to 20 minutes

2 cups old-fashioned oats, uncooked
1 cup wheat germ
¾ cup chopped natural almonds
½ cup unsweetened coconut
½ cup wheat bran
¼ cup sunflower seeds
2 tablespoons sesame seeds
Pinch salt
2 tablespoons vegetable oil

"I'VE ACTUALLY SQUEEZED MY WAY INTO SOME OF THE FINEST RESTAURANTS IN THE WORLD."

2 tablespoons honey
2 tablespoons water
½ cup golden or dark raisins
½ cup diced prunes
½ cup diced dried apricots

Preheat oven to 350°F. Combine oats, wheat germ, almonds, coconut, wheat bran, sunflower and sesame seeds and salt in large bowl. Blend oil, honey and water in small bowl; drizzle mixture over dry ingredients, stirring to coat. Spread evenly in two 15½x10½-inch jelly-roll pans. Bake 15 to 20 minutes, stirring occasionally, *(continued)*

WHAT AMERICA EATS

According to a recent market-research survey, the top breakfast choices today are ready-to-eat cereal, coffee and juice. This proves that Americans now prefer light, small breakfasts and are cutting back on breakfast meats, donuts, and anything high in fat and cholesterol. Preferences for healthier foods are also reflected by the shift from white bread to wheat, up 12 percent since 1984, and from whole milk to 2% low-fat, which jumped 31 percent, making it the leading milk choice at breakfast. Though coffee consumption has dropped 11 percent over the past five years, it remains the number-one breakfast beverage.

A year and a half ago Joan Lunden decided to practice what she preached and get in control of her eating habits. She lost forty-five pounds with a sensible diet, and her new breakfast choices had a lot to do with it. Her faves? Egg-white omelets and hollowed-out bagels

Y, LET'S EAT OUT.
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3 recipes. But no
reservations.
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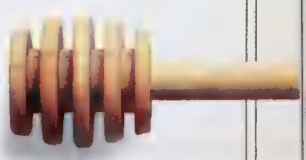
HONEY CHEESECAKE
Time Cafe, *New York*
2 packages (8 oz. each) cream cheese, softened
1/3 cup honey
2 eggs
2 egg yolks
1 cup dairy sour cream
1 Tbsp. grated lemon peel
2 tsp. cornstarch
Blend cream cheese with honey until smooth. Beat in eggs and yolks. Add remaining ingredients; beat until smooth. Turn into prepared crust and bake at 300°F 50 to 55 minutes or until set. Cool and refrigerate until thoroughly chilled before serving. Makes 8 servings.

Honey Cheesecake Crust: Combine 1-1/4 cups flour, 1/2 cup ground walnuts and 1 teaspoon ground cinnamon. Add 1/3 cup each honey and melted butter; mix well. Press into bottom and up sides of 8-inch springform pan. Bake at 375°F 15 minutes or until lightly browned. Tip: Lightly drizzle top of cheesecake with additional honey if desired.

HONEY SMOKED PORK
Citrus Restaurant, *Los Angeles*
1/2 cup honey
Salt to taste
1/8 tsp. pepper
4 slices (2 to 3 oz. each) sliced, smoked pork
3 Tbsp. chicken broth
Combine honey, salt and pepper; mix well. Pour over smoked pork and marinate in refrigerator 6 hours or longer. Broil or grill pork 3 to 5 minutes per side or until browned and thoroughly heated. Heat remaining honey marinade with chicken broth; serve over pork. Makes 4 servings.



HONEY MUSTARD VINAIGRETTE
Printer's Row, *Chicago*
3 Tbsp. whole grain mustard
2 Tbsp. Dijon-style mustard
2 Tbsp. chopped toasted walnuts
1-1/2 tsp. balsamic vinegar
1/4 cup rice vinegar
1/4 cup each vegetable oil and olive oil
2 Tbsp. water
1/4 cup honey
Combine ingredients in blender; blend until well mixed. Makes 1-1/2 cups.

IT'S TIME FOR HONEY

Honey
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Look for products with the Honey mark

(continued) until golden. Cool. Transfer to bowl and add raisins, prunes and apricots. Makes 6½ cups.

Per ½ cup: 240 calories, 8 gm protein, 12 gm fat, 31 gm carbohydrates, 15 mg sodium, 0 mg cholesterol.

WEEKEND SURPRISES

SAVORY OMELET

Joan loves yolkless omelets: Ours gets its golden color from turmeric and its richness from nonfat dry milk.

Prep time: 10 minutes
Cooking time: 5 minutes

- 3 large egg whites
- 2 tablespoons nonfat dry milk powder
- 1 tablespoon chopped cilantro
- ⅛ teaspoon salt
- Pinch freshly ground pepper
- Pinch turmeric
- ¼ cup shredded low-fat Cheddar cheese

Filling

- ¾ cup thinly sliced onion
- ½ cup thinly sliced green pepper
- 1 small garlic clove, crushed
- 2 tablespoons water
- 2 plum tomatoes, diced

Beat egg whites, milk powder, cilantro, salt, pepper and turmeric in medium bowl until frothy.

Spray medium nonstick skillet with vegetable cooking spray and heat over medium heat. Add egg mixture, swirling pan so that bottom is completely coated. When eggs begin to set, sprinkle with cheese, then spoon half the filling down center. Cook until bottom is golden and cheese is melted, 1 minute more. Run spatula around edges of omelet to loosen. Starting from one end, fold into thirds; turn onto plate. Spoon remaining filling over top. Makes 1 serving.

Filling: Spray medium nonstick skillet with vegetable cooking spray and heat over medium-high heat. Add onion, green pepper and garlic; cook, stirring, 30 seconds. Add *(continued)*

BEST FAST-FOOD BREAKFASTS

SEVEN MILLION AMERICANS EAT BREAKFAST ON THE RUN, AND THEY'RE DEMANDING HEALTHIER CHOICES. THE BIG FAST-FOOD CHAINS ARE NOW PROVIDING THEM. HERE, THE TOP PICKS

	CALORIES	FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)
ARBY'S				
orange juice (6 oz)	82	0	0	2
2% low-fat milk (8 oz)	121	4.4	18	122
blueberry muffin	200	5.6	22	269
TOTAL (22% fat calories)	403	10.0	40	393
BURGER KING				
orange juice (6 oz)	82	0	0	2
2% milk (8 oz)	121	5	18	122
bagel	272	6	29	438
TOTAL (21% fat calories)	475	11	47	562
DUNKIN DONUTS				
orange juice (6 oz)	82	0	0	2
2% milk (8 oz)	121	5	18	122
apple spice muffin	300	8.0	25	360
TOTAL (28% fat calories)	503	13	43	484
HARDEE'S				
pancakes (3)**	280	2	15	890
syrup	120	1	0	25
margarine/butter blend	35	4	5	40
orange juice (10 oz)	136	0	0	3
TOTAL (9% fat calories)	571	13	20	958

**recommend eating only 1 or 2 pancakes instead of the full serving

	CALORIES	FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)
JACK-IN-THE-BOX				
orange juice (6 oz)	80	0	0	0
2% low-fat milk (8 oz)	122	5	18	122
Breakfast Jack	307	13	203	871
TOTAL (32% fat calories)	509	18	221	993
McDONALD'S				
orange juice (6 oz)	80	0	0	0
1% low-fat milk (8 oz)	110	2	9	130
apple bran muffin (no fat, no cholesterol)	190	0	0	230
TOTAL (5% fat calories)	380	2	9	360
ROY ROGERS				
orange juice (7 oz)	99	0.2	0	0
whole milk (8 oz)	150	8.2	33	120
apple danish	249	11.6	15	255
TOTAL (36% fat calories)	498	20.0	48	375

Prepared by Mona Sue Boyd, R.D.
Nutrition information from companies and *The Fast-Food Guide* (Workman, 1986).

(continued)

Give 'em Yoplait Pudding™ and they're sure to make a face.

New Yoplait Pudding.™ It's the only pudding with real Yoplait® yogurt. So it contains active yogurt cultures, and it's a good source of calcium and protein.

But with all that creamy chocolate goodness, you won't have to ask how it tastes—it'll be written all over their faces.

We gave pudding a good name. Yoplait.®

(continued) water; cover and cook 2 minutes. Add tomatoes; cook covered until vegetables are tender and some of the liquid is evaporated, 1½ minutes. Discard garlic. Season with salt and pepper. Keep warm.

Per serving: 245 calories, 24 gm protein, 6 gm fat, 22 gm carbohydrates, 699 mg sodium, 22 mg cholesterol.

BREAKFAST BURRITOS

Fans of huevos rancheros will also love these flour tortillas filled with chilies and scrambled eggs.

Prep time: 10 minutes ○ Ⓜ
Cooking time: 10 minutes

- 1 tablespoon butter or margarine
- ½ cup minced onion
- 4 large eggs
- 2 tablespoons milk
- 2 tablespoons canned chopped green chilies
- ⅛ teaspoon salt
- ½ teaspoon freshly ground pepper
- 4 flour tortillas
- 4 slices bacon, cooked crisp and crumbled
- ¼ cup shredded Cheddar cheese
- Avocado slices and cherry tomatoes, for garnish

Heat butter in medium skillet over medium heat. Add onion and cook until translucent, 3 minutes. Whisk eggs, milk, chilies, salt and pepper together in medium bowl. Add to skillet and cook, stirring, over medium-low heat to desired doneness, 3 to 5 minutes. Meanwhile, wrap tortillas in paper towel and microwave on High 1 minute. Place tortillas on 4 plates. Spread scrambled eggs down center of each, top with bacon and sprinkle with cheese. Fold in top and bottom of tortillas, then fold in sides, burrito-style. Garnish with avocado and tomatoes, if desired. Makes 4 servings.

Per serving: 295 calories, 14 gm protein, 14 gm fat, 27 gm carbohydrates, 546 mg sodium, 234 mg cholesterol.

BREAKFAST BREAD PUDDING WITH SAUSAGE

For an effortless Sunday brunch, assemble and refrigerate this the night before. Just pop it in the oven in the morning.

Prep time: 20 minutes ○
Baking time: 1 hour

- 3 cups cubed French bread
- ½ pound bulk pork sausage, crumbled
- 1 cup chopped onions
- 2 teaspoons chopped thyme or ½ teaspoon dried
- 1 package (10 oz.) frozen chopped spinach, thawed, squeezed dry
- 1½ cups shredded Swiss cheese, divided
- 9 large eggs
- 3 cups milk
- 1 teaspoon dry mustard
- 1 teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ teaspoon ground red pepper
- 1 plum tomato, diced

Preheat oven to 325°F. Arrange bread in 15½x10½-inch jelly-roll pan. Bake 20 minutes or until crisp. Cool.

Meanwhile, brown sausage in large skillet over medium-high heat; drain on paper towels. Add onion and thyme to skillet; cook until onion is translucent, about 2 minutes. Remove from heat. Stir in sausage and spinach to combine; cool completely.

Arrange bread in shallow 3-quart baking dish. Sprinkle 1 cup cheese over top, then layer with sausage mixture and remaining cheese.

Beat eggs, milk, mustard, salt and peppers together in bowl until well blended. Carefully pour into prepared dish; sprinkle top with tomato. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Bake 1 hour or until center is just set. Let stand 10 minutes before serving. Makes 8 servings.

Per serving: 320 calories, 21 gm protein, 19 gm fat, 15 gm carbohydrates, 712 mg sodium, 283 mg cholesterol.

POPOVERS WITH CREAMED ASPARAGUS AND HAM

Airy popovers and a savory filling make an elegant and surprisingly quick brunch. *(continued)*

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For vitamin and mineral nutrition, nothing can top ***total***.®

(continued)
Prep time: 20 minutes
Cooking time: 20 minutes

Popovers
- 2 large eggs, at room temperature
- 1 cup milk
- 1 cup all-purpose flour
- 1 tablespoon butter or margarine, melted
- ¼ teaspoon salt

Creamed Asparagus and Ham Filling
- 1 bunch (¾ lb.) asparagus, cut into 1-inch pieces
- 1 tablespoon butter or margarine
- ½ cup minced onion
- 2 tablespoons flour
- 1½ cups milk
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground pepper
- Pinch nutmeg
- ½ cup diced smoked ham
- 3 tablespoons snipped fresh chives
- ¼ cup grated Parmesan cheese

Popovers: Preheat oven to 450°F. Generously grease eight 2½-inch muffin-pan cups. Heat in oven until very hot, about 5 minutes. Meanwhile, blend eggs, milk, flour, butter and salt in blender just until smooth, scraping sides as needed. Pour into prepared muffin-pan cups. Bake 20 minutes. Reduce oven temperature to 350°F. and bake 20 minutes more, until deep golden and crisp. Remove from pan.

Creamed Asparagus and Ham Filling: Cook asparagus in saucepan of boiling salted water just until tender, about 3 minutes. Drain. Melt butter in medium saucepan over medium heat. Add onion and cook until translucent, about 3 minutes. Stir in flour and cook, stirring, 1 minute. Gradually stir in milk, salt, pepper and nutmeg; bring to boil, stirring. Reduce heat and simmer 5 minutes. Stir in asparagus and ham and heat through. Stir in chives.

Cut off tops of popovers and spoon in creamed asparagus and ham. Sprinkle with cheese and replace tops. Makes 8 servings.

Per serving: 190 calories, 10 gm protein, 8 gm fat, 19 gm carbohydrates, 400 mg sodium, 70 mg cholesterol.

AN UPDATE ON EGGS

According to the American Egg Board and the United States Department of Agriculture, the average large egg today contains only 213 milligrams of cholesterol, 22 percent less than before. Why? Hens are being fed lower-fat feed, say experts. As a result, the American Heart Association has increased its recommended maximum allowance of yolks (where all the cholesterol is) from three to four a week. Bonus: Eggs are a good source of protein and contain many essential vitamins and minerals.

It's amazing to see Charlie Gibson so bright-eyed in the morning because he insists he's not a morning person. So what gets his motor running? Whatever's around—usually Coke and a donut (at least he's honest!). On the weekends Charlie makes his own gourmet omelets

CHICKEN-APPLE HASH

Charlie Gibson loves eggs; they stir up memories of childhood, when his dad cooked breakfast for him. Our lightened-up hash, topped with a fried egg, still tastes hearty.
Prep time: 10 minutes
Cooking time: 15 to 20 minutes

- 3 tablespoons butter or margarine
- ½ cup finely chopped onion
- ¼ teaspoon rosemary, crumbled
- ⅛ teaspoon poultry seasoning
- 2 large baking potatoes, cooked and diced (4 cups)
- 1 cup diced cooked chicken
- 1 Granny Smith apple, diced
- ¾ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 tablespoon chopped fresh parsley
- 4 eggs, fried or poached (recipes on page 204)

Heat butter in large skillet over medium heat. Add onion, rosemary and poultry seasoning and cook until onion is translucent, about 3 minutes. Stir in potatoes, chicken, apple, salt and pepper; cook, stirring and scraping up browned bits on bottom with spatula, until browned, 15 to 20 minutes. Sprinkle with parsley. Serve with fried or poached eggs. Makes 4 servings.

Per serving: 225 calories, 12 gm protein, 11 gm fat, 20 gm carbohydrates, 535 mg sodium, 54 mg cholesterol.

ATLANTA SAUSAGES AND BISCUITS

This Southern specialty will lend real down-home taste to your breakfast.
Prep time: 15 minutes
Baking time: 25 minutes
(continued)

Spruce up a Thursday with a Sunday kind of muffin.

This jumbo muffin is one of a kind. You can only bake it from a Duncan Hines Bakery Style Muffin Mix. You get big, hot muffins. With real, juicy blueberries. And a crunchy crumb topping. Muffins so moist and delicious and special, you'll think it's Sunday.

How to bake your moist, delicious best.

Duncan Hines®

Bakery Style Muffin Mix

Blueberry, Cinnamon Swirl, Pecan Crunch, Cranberry Orange Nut, Hearty Style Oatmeal

(continued)

½ cup vegetable shortening
4 cups self-rising flour
2 cups buttermilk
2½ pounds bulk sausage
Butter
Honey

Preheat oven to 425°F. Grease a cookie sheet. In large bowl, with pastry blender or 2 knives cut shortening into flour until mixture resembles coarse crumbs. Stir in buttermilk just until moistened. With floured hands shape 12 biscuits, each from about ⅓ cup dough. Place biscuits on prepared cookie sheet. Bake 25 to 30 minutes, until golden.

Meanwhile, shape sausage into 12 large patties, each about ½-inch thick. Cook patties in 2 skillets over medium-high heat 10 minutes, turning once. Drain on paper towels.

Split biscuits in half horizontally. Place sausage patties on bottom halves and cover with tops. Serve with butter and honey. Makes 12 servings.

Per serving: Without butter or honey, 410 calories, 14 gm protein, 23 gm fat, 34 gm carbohydrates, 1,083 mg sodium, 39 mg cholesterol. ■

Recipes developed by Carol Prager and Lisa Brainerd.

THE PERFECTLY COOKED EGG

You can have eggs any style without using lots of fat. Use our easy directions to make no-fail eggs every time. The rule is, cook 'em low and slow. (They become tough and rubbery if cooked over too-high heat.)

FRIED: Melt 1 teaspoon butter or margarine in small nonstick skillet over medium heat. Break 1 or 2 eggs and slip into skillet. Immediately reduce heat to low. Cook until edges begin to turn white, about 1 minute. Add 1 teaspoon water to skillet for each egg. Cover skillet and cook to desired doneness, 1 to 2 minutes more. Season with salt and pepper.

SOFT-COOKED: Place large eggs in shell in a single layer in medium saucepan and add enough water to cover by at least 1 inch. Cover and quickly bring to a boil over high heat. Immediately turn off heat and remove saucepan from burner. Let stand covered 3 minutes. For hard-cooked eggs, follow directions above and let stand covered 15 minutes.

POACHED: Fill a saucepan or deep skillet with 3 inches water; bring to a boil, then reduce heat and simmer. Break eggs one at a time into a custard cup or saucer. Hold the dish close to the water surface and gently slip in the eggs, one at a time. Cook to desired doneness, 4 to 5 minutes. Use a slotted spoon to lift out eggs.

SCRAMBLED: For each serving, beat 2 eggs and 2 tablespoons milk together with salt and pepper to taste. Melt 1 tablespoon butter in a small nonstick skillet over medium heat. When butter is foaming, pour in egg mixture. When mixture begins to set, run a heatproof rubber spatula across bottom and sides of pan to form large soft curds. (Do not stir constantly.) Continue cooking until the eggs are thickened and set but still moist.

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3. When you start to place your order, FIRST give operator coupon number shown below.

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HSC HOME SHOPPING CLUB

EASY AS 1·2·3

Add Mediterranean flair with a delightful Greek-inspired dinner. A snap to make, it will become a family favorite

HOME-STYLE GYROS WITH CUCUMBER-YOGURT SAUCE

Gyros—roasted, spiced ground meat in pitas—are the favorite street food in Greece. Our version has a special garlicky sauce.

Preheat broiler and broiler pan. Combine 1¼ pounds ground beef, ⅓ cup (2 oz.) crumbled feta cheese, ½ teaspoon *each* dried mint, minced garlic and salt, and ¼ teaspoon *each* cumin and freshly ground pepper in medium bowl; mix well. Shape meat into four 1-inch-thick oval patties. Broil about 4 inches from heat source, turning once, about 6 minutes for medium-rare.

Meanwhile, in small bowl, stir ½ medium cucumber, peeled, seeded and chopped fine, with ½ cup plain yogurt, ¼ teaspoon minced garlic, ¼ teaspoon salt, and ⅛ teaspoon *each* cumin and freshly ground pepper. Spoon sauce evenly onto burgers.

Per serving: With 3 tablespoons sauce, 335 calories, 27 gm protein, 23 gm fat, 4 gm carbohydrates, 667 mg sodium, 100 mg cholesterol.

menu

FOR FOUR

Home-Style Gyros with Cucumber-Yogurt Sauce

Couscous Pilaf

Squash and Tomato Sauté

***Pita bread**

***Sliced oranges with amaretto cookies**

**Recipe not given*

Menu developed by Karen J.M. Tack

COUSCOUS PILAF

Golden raisins and almonds add sweetness and crunch to this Middle Eastern side dish. Packaged couscous is available in many supermarkets.

Heat 1½ cups chicken broth, 1 tablespoon butter or margarine and 2 tablespoons golden raisins to boiling in medium saucepan. Stir in 1 cup couscous. Continue cooking according to package directions. Add 2 tablespoons toasted slivered almonds and ¼ teaspoon freshly ground pepper, stirring with a fork to fluff and break up any lumps.

Per serving: 235 calories, 7 gm protein, 6 gm fat, 37 gm carbohydrates, 470 mg sodium, 8 mg cholesterol.

SQUASH AND TOMATO SAUTÉ

Small, tender squash are sweeter and have fewer seeds.

Cut 2 small yellow squash and 2 small zucchini lengthwise into ¼-inch-thick strips. Heat 1 tablespoon olive oil in large skillet over high heat. Add squash and zucchini strips, stirring to coat. Cook until tender and browned and most of the juices from squash are evaporated, 5 minutes. Drain 1 can (14½ oz.) whole peeled tomatoes (reserve liquid for another use). Cut tomatoes into quarters and add to skillet with 1 tablespoon butter or margarine, ½ teaspoon salt and ¼ teaspoon freshly ground pepper. Cook over medium heat until flavors are blended, about 2 minutes.

Per serving: 95 calories, 2 gm protein, 7 gm fat, 8 gm carbohydrates, 473 mg sodium, 8 mg cholesterol.

VEGETABLES IN THREE MINUTES?

"Now they've come up with these fancy vegetables in sauce that come right out of the cupboard and heat in three minutes. Worst of all, there's nine different kinds. Does this mean vegetables nine times a week? I'm doomed. Thanks a lot, Del Monte."

Eating well to stay well ■ Prevent bone loss by exercising your mineral rights. **By Ann Ferrar**

THE CALCIUM CONNECTION

It is one of women's worst fears about aging: that someday, we'll be crippled by osteoporosis. Females are especially vulnerable to this condition, in which the bones waste away and become fragile over the decades. We're somewhat protected from this process by the hormone estrogen. But the risk rises rapidly at menopause, when the ovaries stop producing estrogen.

We've all learned in recent years that one important way to stave off this debilitating disorder is to get enough calcium. Many of us skimp, however, because we're concerned about the fat and calories in such calcium-rich foods as milk and cheese. But now there's a cornucopia of low-fat alternatives, and some more great news—that it's never too late to prevent bone loss. Here's what you—and your mother and your daughters—need to know about the calcium connection.

The calcium bank account

Calcium benefits our muscle and nerve functions, and it aids the blood's ability to clot, but it's absolutely essential for a strong skeleton. If you don't have enough in your bloodstream, provided by either diet or supplements, the body draws on stores in the bones.

When you're young, the body manufactures bone faster than it uses it, so you can build up equity for your later years. Should you incur a deficit, however, your bones may start weakening. Any shortfall would be easy to rectify if we consumed enough of the calcium-powerhouse foods, but we don't. Experts say that while boys drink milk through the teenage years, many girls switch to diet soda. "Some of that is peer pressure to be thin," notes Robert P. Heaney, M.D., professor of medicine at Creighton University, in Omaha, who's an authority on osteoporosis. "Boys have no trouble drinking bottomless quantities of

Calcium contents

DAIRY	
1 cup low-fat yogurt	414 mg
½ cup part-skim ricotta cheese	337 mg
1 cup skim or 1 percent milk	300 mg
1 ounce Cheddar cheese	204 mg
½ cup low-fat cottage cheese	77 mg
½ cup premium ice cream	75 mg
OTHER	
2 sardines with bones	92 mg
½ cup cooked broccoli	89 mg
½ cup cooked collards	74 mg
½ cup cooked kale	47 mg
6 medium oysters	38 mg
3 ounces shrimp (14 med.)	33 mg

Source: U.S. Department of Agriculture.

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milk. But it's almost countercultural for girls to do it."

That's too bad, because the teen years are crucial, according to C. Conrad Johnston, M.D., professor of medicine at Indiana University School of Medicine. The body really revs up bone-building capacity during the brief adolescent growth spurt, accruing a full 40 percent of its adult bone mass, he says. (The RDA for girls is 800 milligrams until age ten, 1,200 milligrams from eleven to eighteen.)

You'll keep adding bone at a slower rate till your twenties or mid thirties; then you begin to lose bone at around 1 percent a year until menopause. To keep the loss from exceeding that rate, you'll have to maintain sufficient calcium intake. There is some disagreement, however, about how much is enough. The official RDA is 1,200 milligrams for women eighteen to twenty-four and for women of all ages who are pregnant or nursing; 800 milligrams for women twenty-five and up. The National Institutes of Health, however, suggests a 1,000-milligram level after *(continued)*

Sliced fresh kiwifruit, raspberries and oranges

RICOTTA CHEESECAKE

An easy Italian dessert baked in a skillet. High-potassium fruits are a nutritious garnish.

Prep time: 15 minutes
Baking time: 12 to 14 minutes

- **1 container (15 oz.) low-fat ricotta cheese**
- **3 large eggs, separated**
- **½ cup granulated sugar**
- **3 tablespoons cornstarch**
- **1 teaspoon grated lemon peel**
- **1 tablespoon butter or margarine**
- **¼ cup sliced almonds**

Preheat oven to 400°F. Beat ricotta, egg yolks, sugar, cornstarch and lemon peel in mixer bowl until smooth. Beat egg whites in a second mixer bowl until peaks are stiff but not dry. Fold the egg whites gently into the ricotta mixture with a rubber spatula.

Heat butter in 10-inch skillet over medium-high heat. Add almonds and toast, stirring, until golden. Remove from heat and spoon ricotta mixture evenly in skillet. Cook without stirring 1 minute. Transfer to oven and bake 12 to 14 minutes, until center is set.

Run spatula around cake; invert onto plate. Serve warm, or cool completely and refrigerate until cold.

Just before serving, sift confectioners' sugar over top. Serve with fresh fruit. Makes 6 servings.

Per serving: 220 calories, 14 gm protein, 9 gm fat, 24 gm carbohydrates, 127 mg sodium, 118 mg cholesterol, 124 mg calcium.

Recipe by Patricia Cobe

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urgeon General's Report on Nutrition and Health. U.S. Dept. of Health and Human
es DHHS (PHS) publication No. 88-50211. Government Printing Office, 1988.

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NUTRINEWS
continued

age twenty-four. All the evidence is not in; meanwhile, experts caution you to get at least the RDA.

And after menopause? For about the first five years, the loss of estrogen causes bone to leach away at a prodigious rate, and many women begin estrogen-replacement therapy to stem the tide. However, estrogen is not without drawbacks, it can raise the risk of breast cancer in some women. Now new evidence about calcium offers hope that some women may be able to lower their estrogen dose. In a recent study at the U.S. Department of Agriculture Nutrition Research Center, at Tufts University, in Boston, increasing calcium to the RDA had a pronounced effect in women six or more years past menopause. Bone loss was stopped completely in some subjects; other women actually added bone. Research is by no means complete, but after menopause you should be sure to continue getting at least the RDA of 800 milligrams.

Where to get calcium

Is it better to get calcium from food than from supplements? "The difference is minor," says Daniel Baran, M.D., associate professor of medicine and orthopedics at the University of Massachusetts, Worcester.

The chart on page 208 indicates the best food sources of calcium. Dairy products head the list; in fact, you can get even more calcium from low-fat dairy products than from whole-milk versions. But remember, "a little milk in cereal and coffee and a piece of cheese here and there is just not enough," says Beth Dawson-Hughes, M.D., who headed the Tufts study.

As for supplements, there are several types: Calcium carbonate, calcium lactate and calcium citrate are three common tablet forms. Manufacturers have eliminated the problem of poorly dissolving tablets associated with calcium carbonate a few years ago, according to Ralph F. Shangraw, Ph.D., of the University of Maryland School of Pharmacology, in Baltimore. Another formulation, calcium citrate malate, is available in some juices. You should check with your doctor to see which type is best for you.

Calcium may not be a cure-all; other factors, such as lack of exercise and heredity, contribute to osteoporosis (Asian women and Caucasians, especially Scandinavians, are more susceptible). Smoking and drinking may also have an effect. But if you are one of the many women not getting enough calcium, that's a factor you can control. ■

INSIDE THE JOURNAL KITCHEN

You ask fo

Dear LHJ:
I recently had a fantastic minestrone soup at Scoozi! restaurant in Chicago. I'd love it you could print the recipe.
Janie Shumaker, Indianapolis

CHILL OUT

Is there anything more warming on a winter day than a hearty soup, chock-full of vegetables and simmered to perfection? Scoozi's classic minestrone is sure to become a cold-weather favorite your family will clamor for.

Place ⅔ cup dried Great Northern beans in small saucepan with water to cover. Bring to boil, then boil 2 minutes. Set aside, covered, 1 hour.

Heat 1 tablespoon olive oil in large saucepot over medium heat. Add ¼ cup minced pancetta ham; cook until crisp, about 3 minutes. Add ½ cup *each* diced onion and carrot, ¼ cup diced celery and 1 teaspoon minced garlic; cook until just tender, 4 minutes. Add 1 cup *each* sliced escarole and shredded green cabbage; cook until tender, 2 minutes. Add ⅛ teaspoon thyme, 1 bay leaf, 4 cups *each* chicken broth and water, the reserved beans and 1 can (14 oz.) plum tomatoes. Bring to boil; reduce heat, cover and simmer until beans are tender, about 70 minutes. Add ¾ cup *each* diced zucchini and yellow squash and ¼ cup elbow macaroni; cover and simmer until tender, about 8 to 10 minutes. Stir in ¼ cup julienned basil and ⅛ teaspoon freshly ground pepper. Discard bay leaf and adjust seasonings. Serve with grated Parmesan cheese. Makes eight 1-cup servings.

recipe index

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SWEET AS HONEY

Pour it on hot cereal, drizzle it over a dressy dessert—honey can add color and sweetness to most foods. Recipes and cooking and storage tips are available in the free brochure "Add Honey, the Golden Touch." To order, send a stamped, addressed, business-size envelope to: tional Honey Board, c/o Evans Food Gr LHJ, 190 Queen Anne North, 4th Floor, tle, WA 98109.

Honest Facts About Calcium in the 1990s

Most of us know about the importance of calcium in our diets. We know that it's essential to building and maintaining strong bones and teeth. However, most of us don't know that leading health authorities recommend we get at least three calcium-rich servings every day for good health. Fact is, since many of us, in our efforts to reduce cholesterol and saturated fats, eliminate traditional calcium sources from our diets, 70% of us get less than two servings every day.

Q *How much calcium is enough?*

A Leading health authorities at the National Academy of Sciences recommend that as part of a healthy diet we get at least three calcium-rich servings totaling 800 mg. every day. If you're 11-24 years of age, pregnant or nursing, you need at least four servings totaling 1,200 mg. a day. Because the more bone mass you develop when you're young, the less likely you are to suffer bone fractures later in life.

Q *What are some good sources of calcium?*

A Dairy products, such as milk, yogurt and cheese. Calcium-fortified orange juice and breakfast cereals. Some dark, leafy vegetables including broccoli, collards and kale. Canned salmon and sardines.

Q *Is calcium in orange juice just as good as other sources of calcium?*

A Yes. In fact, if you're drinking Citrus Hill Plus Calcium, you're getting CCM — a special form of calcium that's highly absorbable. In fact, an independent study just published by the *New England Journal of Medicine* shows CCM stops bone loss in post-menopausal women.* This is rather significant news. And early results from another study show that it significantly strengthens bones in children. This is good news because drinking Citrus Hill Plus Calcium is an easy way to get the additional calcium we need, since most of us enjoy juice in the morning already.

Q *How can I find out more?*

A Just call 1-800-462-4162. We'll send you an informative brochure with a "Calcium Quiz" so you and your family can see if you're getting the three servings of calcium you need every day.

NEW KIDS

continued from page 143

How would we repair these broken hearts?" And Betty Wood, forty-seven, mother of break-dancing Danny Wood, twenty-one, admits she was alarmed when he took a leave of absence from Boston University in his freshman year to focus on the group. "I still harbor pangs of guilt," she confesses. "I was a nonbeliever."

As the Kids themselves tell it, though, the Moms were always there when needed. "At first they thought it was a joke," says Danny Wood, who is the fourth of six children, "but they stood behind us one hundred percent." Donnie Wahlberg, the eighth of nine kids, remembers just how supportive the Moms were at the beginning: "There were times early on when we were playing these dives, and our families were the only ones in the audience. Now it's nice to be able to pay our folks back for their faith in us."

That faith has paid off spectacularly. By all accounts, the New Kids are the biggest pop-culture phenomenon since the Beatles stormed the music world. Although their first album, *New Kids on the Block,* fizzled in 1986, they exploded on the music scene with their next, *Hangin' Tough,* in mid-1988. That album made the Kids the first teen group in history to score four top-ten singles (two of which made it to number one) from one LP. Their album *Step by Step* soared to number one in two weeks; their latest LP release is titled *No More Games.* Worldwide, they've already sold over thirty-three million albums.

The Kids dominate the music-video market, too, outselling both Madonna and Michael Jackson. They were the subject of two best-sellers at one time. Now immortalized in their own comic book, the group also has a hit Saturday-morning cartoon show on ABC, and their prized imprimatur can be found on every conceivable product from sheets to T-shirts to wrapping paper. The estimated gross from all sources last year: $840 million.

Why are the Kids so hot? In part because Maurice Starr planned it that way. The flamboyant Boston-based songwriter/producer/promoter created the popular black teen group New Edition a decade ago. (Bobby Brown is just one member of New Edition who went on to top the charts as a solo act.) By 1984, Starr was ready to repeat his success. Again he stuck close to home, scouring the working-class neighborhoods of Boston for five kids with the potential to transcend even the appeal of New Edition. Once he found them, Starr hooked up with Dick Scott, a former Motown executive. Scott says he knew the group would fill a show-business void. While Spanish-speaking audiences had Menudo and blacks could identify with a number of groups, he says that "pop America—white America—never really had a group to call its own. Parents were waiting for somebody wholesome to counter the rebellious hard rockers such as Bon Jovi and Guns N' Roses. The Kids came along at just the right time."

Wahlberg, from the gritty working-class suburb of Dorchester, was the first to sign on. He promptly recruited former classmates Danny Wood and the Knight brothers. Joe McIntyre, the youngest of nine, and then only twelve years old, came aboard after another group member was forced to drop out by his wary parents.

Their very ordinariness may be the basis for the New Kids' real appeal. To millions of adoring fans—mostly females between the ages of eight and eighteen—they represent Everyteen. And to the delight of parents, they flaunt none of the usual signs of rock stardom—no substance abuse (the act contains a strong antidrug message), no tattoos, no X-rated tugs at the crotch. "They're zany, they're real, they're not perfect—far from it," stresses Danny's mom, Betty Wood. "Kids look at them and say, 'They're just like us!' "

For the most part, a New Kids concert is as sweet as the group's bubblegum image. The boys play danceable tunes with an updated Motown beat. The lyrics are forgettable ("Please don't go, girl . . . tell me you'll stay"), but the show is riveting: The Kids leap, spin and twirl across the stage amid lasers and fireworks.

Most fans are so young they must be driven to the concerts by parents. "We sometimes get three generations at a time—the grandmother, the mother and the child," says Dick Scott. While ashen-faced security guards try to keep the aisles clear, the crowd works itself into a frenzy. Why do the Kids have such an effect? Explains Scott: "This is the first time girls experience that something called libido, and the boys are the personification of this in a nonthreatening way."

Perhaps understandably, the Ki bristle at their all but unshakab boy-next-door image. "Everybo keeps saying we're so wholesome a clean cut," says Donnie. "We're stre kids. We grew up around drugs a violence, and we've seen lives d stroyed. We're not squeaky-clean, b we do have a message. I call it Positi ity." Is Donnie overselling the toug guy image? "It really ticks me when people call them street kid says Danny's mom, Betty Woo "They've had inner-city experienc sure, and they've seen violence. Li the time Danny came home from high school dance and told us a st dent there had been shot. But the Ne Kids are not 'off the street.' "

Both generations point with pride the fact that their families weather some tough times. Jonathan and Jo dan Knight talk movingly of the mother's struggles after divorci their minister dad in 1984. "My m wasn't strict," says Jonathan, "t she was a very moral person. W learned by her example."

Donnie remembers the time wh his father, Donald, then a bus drive was on strike, and the family of elev was temporarily on food stamps. "Th both sacrificed so much to make su that we never felt poor. One year th saved up enough money to buy all ni of us bicycles for Christmas. I'll nev forget that."

Danny Wood, whose father, Dan, is mail carrier, allows that he is st very close to his mother. "We not mama's boys or anything," he say "but there is a special bond betwe mothers and sons, and we're not diff ent from other guys. It's powerful stuf

So what is the most important pie of advice Mom has ever given the Most cite something on the order of " kind" or "be your own person," b Danny responds with candor: "To we a condom. When you think of all t people dying of AIDS, I can't think o more valuable piece of advice for mother to give her child."

While the Kids' popularity h grown, all of the families have stay close to their Boston roots—althou there have been some changes. T McIntyres still live in Jamaica Pla in a modest turn-of-the-century wood cottage complete with a porch swi On his rare visits home, Joe has di culty breaking new habits. "He w always neat," says Kay. "Now comes home and throws his underw

"Even if we *did* have girlfriends," says New Kid Jonathan Knight, "I think we'd lie, because the fans can't handle it

:he floor like he would in a hotel
n. I am always reminding him this
ot a Sheraton."
onnie and his family live in a com-
able but unpretentious contempo-
home he bought in a suburb of
on. The living-room walls are lit-
ly covered with platinum albums.
nie also has a separate apartment
imself—a place where he can go
, as all the New Kids are fond of
ng, chill.
anny has a similar arrangement
his parents. While the Woods still
in the gingerbread Victorian
re their pop-star son grew up, Dan-
has purchased the house and
ed thousands of his own dollars
renovations. The most notable im-
ement: transforming the attic into
achelor pad complete with black-
ner furniture and a Jacuzzi.
ne Knights, in addition to remodel-
their home, have also bought an-
r one. Now the family splits their
between their green-gabled
estead in Dorchester and an im-
ng twenty-three-room Georgian
x mansion an hour outside the
On the lush estate, the Knight
hers keep a menagerie that almost
ls Michael Jackson's: a pet Shar-
Nikko; two llamas; three ponies;
donkeys, and two peacocks.
ne Moms spend a lot of time to-
er, and they run the Kids' fan
(With two hundred thousand
bers, it is one of the world's larg-
They still pore over financial re-
s and offer their advice, but no
er sign their sons' contracts as
did when the boys were minors.
were determined nobody was go-
o hurt our sons or take advantage
nem," says Alma of those early
. "If we weren't there to protect
, who would?"
e Moms have taken special care
o shortchange the rest of their
ective broods. "There's no question
you've got to be careful about ev-
ne's feelings, that you've got to
harder so that no one feels left
r ignored," says Betty. "But the
ers and sisters take a lot of pride
hat the Kids are doing." It also
s that several of the siblings are
oyed by the fan club. "We dis-
e sometimes, like people do in any
y," says Donnie, "but jealousy?
ng rivalry? Nah, I'm prouder of
than they are of me. Some of
have had real difficulties and
d themselves up. When you beat
s, like my brother did, that's a
er achievement than anything
lone. That's success in real life."
t success can sometimes mean
out, and that's a concern now that
oys have been on the road contin-

uously for two years. After an exhausting two-hour show, the Kids usually return to their hotel and unwind by playing video games and watching television. Their hectic schedule precludes serious romance. "It's tough trying to keep a relationship going long-distance," says Danny. "It just doesn't work, and believe me, I've tried." Although eighteen-year-old Joe dated a Boston College coed for a short time, he doesn't have a girlfriend right now. "Why should I get tied down to one person when there are all those beautiful girls out there in the audience every night?" he asks coyly.

Predictably, little-girl groupies are disconsolate whenever they hear rumors about a grown-up girlfriend. After Jonathan was quoted in a Boston newspaper as saying pop singer Tiffany (the New Kids were once her opening act) was more important to him than the group, fans were outraged. Jonathan insists he and Tiffany are best friends, nothing more. "Right now we're all married to our careers," he says, while adding slyly, "but even if we *did* have girlfriends, I think we'd lie, because the fans can't handle it."

Marlene is pleased that Jonathan and Jordan still see girls they knew before they were stars, but is "very disturbed" that the Kids' *(continued)*

dating life is circumscribed. "They should be out trying to figure out the mystery of the boy-girl relationship, instead of wondering about what people's true motives are."

Along with celebrity comes intense scrutiny, and Donnie, more than any of the others, has grown accustomed to controversy. Beginning with a confrontation aboard an airplane last year, Wahlberg has been involved in a number of highly publicized incidents. He is clearly upset with his evolving angry-young-man image. "The press keeps reporting that Donnie Wahlberg is a bully, a thug, a troublemaker," he says. "My mother takes it very hard. She cries when she reads this stuff, but there's nothing I can do."

The Moms' mutual-support network was put to the test last year, when Donnie plunged through a trap door onstage in Saratoga, New York. Betty Wood ("she's my greatest salvation," says Alma) was at Donnie's side until his mother could fly in. Later, when Donnie and Alma left the hospital in an ambulance, she looked down and saw a diamond stud in his left nostril. "I told him, 'I hope that's a rhinestone and I can just brush it off,' and he said, 'Mom, please don't get mad.' I'm biased, but how could I possibly be angry with this terrific young man?"

When the Moms do get angry, it is often because their sons are becoming increasingly unavailable to them. "People think we can just pick up the phone and talk to them," says Marlene. "But we can call and tell the bodyguards we're one of the mothers—we even give them the code names that are used for the kids—and they *still* won't put us through. You get this terrible feeling that they are being swept away from you."

Overzealous fans are another problem. On *The Oprah Winfrey Show*, an audience member stood up and gleefully waved a pair of Donnie's briefs at the camera; Jordan Knight walked into a hotel lobby in Chicago and saw a young woman wearing a familiar suit. "It was mine," says, shaking his head in amazement. "She had st my luggage."

Not all incidents are so benign. While the Woods w home last September, they heard what they thought wa car backfiring; it turned out that someone had fired a bu through their window. Miraculously, no one was hit. S Betty, "As much as people warn you about it, the invas of your privacy comes as a total shock."

Despite their huge popularity, the Kids still yearn critical resp Danny recalls "bittersweet" ment last y when they boun onstage in Los geles to accept American Mu Awards, only to booed by some a ence membe "The biggest m conception ab the group is that are Maurice Sta puppets," says dan. "I was o fourteen when whole thing st ed. But we're yo men now, and w taken control."

What happ when the New K on the Block ar quite so in cont The consensus that Jordan has strongest shot a solo singing car There has been t of young Joe rec ing a duet with idol, Frank Si tra, and he m also pursue acti Donnie is curren juggling otl writing and p ducing projects a path Jonath and Danny likely to follow.

In the meanti there is a feat film in the work a sort of *Hard D Night* for the ni ties—and the rent tour pl ahead into June, taking the Kids to Asia, South Amer and Europe. All of which makes sense to the Moms, who their boys embarking on a global mission to build brid between the generations. "Our kids are giving you and y kids the opportunity to say 'yes' to each other," says M lene. "And as a parent, isn't it wonderful to say 'y for a change?"

Christopher Andersen writes frequently about celebrities f Ladies' Home Journal.

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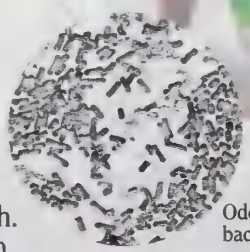

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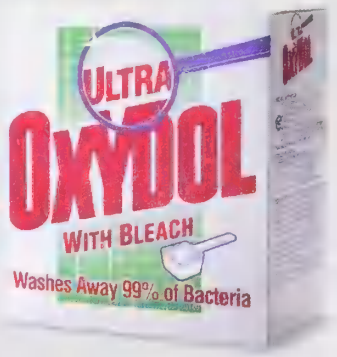

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TRAVEL JOURNAL

JASPER NATIONAL PARK
A treasure in Alberta

Tired of the traffic and crowds at U.S. National Parks? Can't tell the geysers from the Winnebagos? Then go north, to the vast Canadian province of Alberta.

Just two hundred twenty miles west of Edmonton, Alberta, the plains rise suddenly to become foothills, then mountains—the Canadian Rockies. Indeed rocky, and fringed with pine forest and cradling sparkling lakes, the Canadian Rockies dwarf their cousins down in Colorado.

And this is just the beginning of what awaits you in Jasper National Park—the largest of Canada's national parks. With forty-two-hundred square miles of wilderness to explore, visitors to the park never feel crowded.

Many visitors choose to camp at one of the ten official campsites spread throughout the park; others base themselves in the village of Jasper. The only commercial dot in this vast Maligne Lake to Spirit Island, where wilderness, Jasper's a quiet, friendly town, where local deer stroll fearlessly down the main streets. Château Jasper is one of the best hotels in the area and is within strolling distance of downtown (403-852-5644).

If you don't mind splurging, indulge yourself by staying at Jasper Park Lodge (403-822-3301), a classic Canadian mountain resort that sits along the shore of its own lake. The main lodge has vaulted ceilings, spacious dining rooms and public spaces for relaxing. The number-one golf resort in Canada, Jasper Park Lodge features immaculately groomed lawns. A heated pool, sauna and whirlpool will take care of your travel aches.

For the most atmosphere, stay at one of the cedar chalet cabins that ring the lake, some of which date back to the early thirties. The lodge was also a popular set for Hollywood movies back in the forties and fifties, so don't be surprised if you feel like Marilyn Monroe in *River of No Return* or Jimmy Stewart in *The Far Country*. One cabin is still called The Squirrel Case, named by Bing Crosby while filming *The Emperor Waltz* there.

One of Jasper's most attractive features is the variety of day trips available. Not to be missed is a boat ride on the deep-blue waters are ringed mountains and snowy glaciers.

The more adventurous might white-water rafting on the Mal River with Maligne River Adven (403-852-3370), descending 8.8 th ing miles in self-bailing inflat rafts. While it's not a ride for the fa hearted, beginners are welcome prepared to get wet.

Visitors should also take the Ja Tramway up Whistler Mountain t elevation of 7,496 feet. The views stunning, and on a clear day you see snowcapped Mount Robson—highest peak in the Canadian R ies—in nearby British Columbia.

A backpacking trip on horseba probably the most enjoyable way t preciate the many splendors of park. Outfitters like Ed and Ma Regnier of Miette Trail Rides (723-3380) run overnight trips tha twenty-five miles into the Rockies. if you don't have time for an overn trip, there are mountain-bike ex sions, fishing trips, hiking expediti and even SnoCoach tours to the A basca Glacier, located in the Col bia Icefield.

For more information, write to Jasper Chamber of Commerce, Bo Jasper, Alberta, T0E 1E0, Can 403-852-3858. —EVERETT PO

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e in limited areas.

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TRAVEL JOURNAL

SHAKESPEARE AND RIVER-RAFTING IN SOUTHERN OREGON

If Shakespeare and river-rafting sound to you like an intriguing combination for a family getaway, head to Southern Oregon. Ashland, home of the annual Oregon Shakespeare Festival, is only a ninety-minute drive from the Rogue River. So the two add up to a perfect vacation of culture and adventure.

You might want to start off your vacation with rafting so that you appreciate the beds you'll sleep in during the latter half of the trip. Camping is available, and the Rogue River is gentle and warm enough to bring along children as young as seven or eight, yet offers enough white-water thrills for teens and adults.

Companies such as OARS (Outdoor Adventure River Specialists, 800-346-6277) run four- or five-day rafting/camping trips down forty-five miles of the section of the Rogue designated Wild and Scenic. The guides not only know how to read the river (vital for your safety), but they are also good cooks, and fine armchair psychologists adept at drawing out a shy child or a self-conscious adult.

On the Rogue you'll see abundant wildlife: countless great blue herons, egrets and butterflies, perhaps a bald eagle or two, and very likely a black deer. You'll paddle between wide banks forested with Douglas firs and narrow canyons, then stop to bathe at pristine waterfalls, descend a water slide (if you have the guts) and hike across broad meadows and through lush foliage.

Afterward, you'll probably be ready for a hot shower and cozy bed; motels like the Stratford and Best Western Bard's Inn provide excellent lodging for families in town, while the Box "R" Ranch is an opportunity for kids to stay at a working ranch. Of the many excellent bed-and-breakfast inns, Arden Forest is one of the few set up to welcome families.

The commercial center of Ashland radiates out from Lithia Park, which is Ashland's cultural heart. On the hilltop are the open-air Elizabethan Theatre and the Angus Bowmer Thea In summer, the courtyard comes a with song, dance and instrume music from Shakespeare's time. Tudor Fair begins in the courtyar seven every evening except Mon then moves into the Elizabethan atre at eight.

Three theaters make up the Ore Shakespeare Festival, which pres Tony award–winning shows. The mate Black Swan Theatre and larger Angus Bowmer Theatre pre a total of eight plays, both conter rary and classic, from Febr through October; the mammoth E bethan Theatre opens in June three productions in rotation.

On Monday nights, the Oregon S Ballet performs free in the park. B along a picnic dinner (many res rants, like the Greenleaf Deli Brothers, pack meals to go; Ashl Bakery and Cafe specializes in hea takeout) and enjoy an intimate ning of dance. Children can feed ducks, wade in the stream or ru the playground.

You can book lodgings and tic for entertainment extras with Southern Oregon Reservation Cer Box 477, Ashland, OR 97520; 800- 8052. In Oregon, call 800-533-1311

—CAROL CAN

Seven of these peaches aren't good enough for S&

At first glance, each peach looks perfect. But to the experienced eye of an S&W buyer, there are subtle differences. One peach, for example, has a slight blemish near the stem. (It's nearly invisible, but it's there.) There's a small soft spot on another. The color of a third isn't quite uniform. And so on.

The fact is, there's only one peach in the picture that has nearly perfect size, color, and texture. It happens to be the second from the left. So it's the only one that has a chance of being selected for S&W.

But only a chance. Because the final test comes the peach is sliced and ready for canning. That's whe our buyers take another careful look. Judging the col just the right shade of orange-gold. Measuring the fir ness. Making sure the pieces are uniform and unbrok Out of every season's peach crop, only a few can sur this rigorous selection process. And only those few wi ever appear at your store with the S&W label.

Naturally, we're just as fussy about all the othe fruits we sell. Like our Bartlett pears, apricots, manda

THE BEST. ALL THE TIM

TRAVEL JOURNAL

VIVA LAS VEGAS

nce considered an arid wasteland for non-gambling thrill-seekers, Las Vegas—further capitalizing on its sunny climate and growing ap- al as a residential community—is w placing bets on family-style fun. ile offering the requisite one-armed ndits and adult entertainment, two w, sprawling hotels—plus several aller attractions—are now luring tationers of all ages to the glittering ip, reinforcing this desert city's im- as the world's amusement mecca.

Nowhere is this more evident than he Excalibur (800-937-7777), which s been making jaws drop at the ip's southernmost end since its ning last summer. The mammoth, r-thousand-plus-room resort—cen- ed around a turreted, Disneyesque tle with a moat and drawbridge— ales visitors with blaring trumpets, olling minstrels and jesters that m to have stepped straight out of g Arthur's Court. You can choose m seven restaurants, ranging from inexpensive ($5.95 for dinner at the RoundTable Buffet) to pricey ($19.25 for T-bone steak at Camelot). Directly below the casino, on the Fantasy Faire level, there's an arcade, an amphitheater (where a medieval love story called "King Arthur's Tournament" unfolds), and two smaller motion-simulator theaters that replicate the experience of riding bobsleds, roller coasters and runaway trains. None of this will crimp the family budget: Rooms at the Excalibur can be had for as low as $47 a night, double occupancy.

Tired of jousting knights and high-tech rides? Take a short taxi trip up Las Vegas Boulevard South to Nevada's only active volcano. Never mind that it's only fifty-four feet high and erupts predictably every fifteen minutes each evening; it does what it was designed to do—namely draw customers to The Mirage (800-627-6667), the shimmering, tropical-theme casino-hotel that rises behind it. Although aimed at the high-rolling crowd, the eighteen-month-old, three-thousand-plus-room resort boasts several family-oriented features—including a spectacular, grotto-style pool, a 1.5-million-gallon dolphin habitat, and a $22 million magic show hosted by master illusionists Siegfried & Roy. For adults, there are big-name entertainers like Cher and Kenny Rogers, major boxing events and The Esplanade, a collection of fine boutiques—all of which have bolstered the Mirage's reputation as the town's class act.

Despite his flamboyance (or perhaps because of it), the late entertainer Liberace was a class act in the eyes of his fans, and his most extravagant possessions—a Baldwin grand piano with etched mirror tiles, more than a dozen rhinestone and sequined costumes, a piano-shaped ring containing 260 diamonds—are on display at the Liberace Museum, two and a half miles east of the Excalibur on Tropicana Avenue. Back on the Strip, visitors will find Liberace listed as the world's highest paid musician and pianist at the Guinness World of Records Museum. Located about a quarter-mile north of the Mirage, the unusual and educational exhibit also features videotaped footage of record-breaking events (can you stomach watching a man swallow a pound of eels in 13.7 seconds?).

Next, MGM Grand promises to outdo both the Excalibur and the Mirage with a $750 million, five-thousand-room resort and movie-theme park, set for a late 1992 debut. For more information, call the Las Vegas Convention and Visitors Authority at 702-733-2323.

—DEAN LAMANNA

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Regina Royal Jelly offers daytime vitality and nighttime tranquility. Athletes, such as runners and body builders, appreciate the effects of the many amino acids present in Royal Jelly, as do men who wish to acquire more physical and mental stamina. I believe Regina Royal Jelly is particularly beneficial for today's women who are overwhelmed with too much work, stress and responsibility, as Royal Jelly seems to improve the immune system. It is generally believed that 80% of all illness is stress-related. If you are suffering emotional highs and lows, Royal Jelly can help you cope and enable you to achieve a feeling of well-being. Beauty-conscious European women have used Regina Royal Jelly for years. They have discovered what scientists have proven—that Regina Royal Jelly is extremely rich in pantothenic acid, which is believed to slow the aging process.

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Madeline Balletta,
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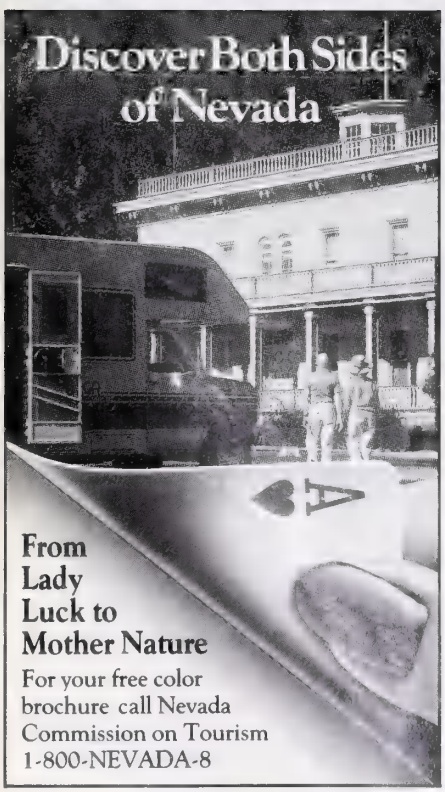

TRAVEL JOURNAL

LEISURES AT LONG BEACH

If you have one long summer or weekend, why not spend it at one Long Beach—twenty eight miles long, to be exact. The Long Beach Peninsula at the southwest corner of Washington state has been welcoming visitors for generations.

Attractions on the peninsula include more than just the world's longest beach. There are plenty of out-of-the-way perches from which to view the ocean, whale watch, have a delectable seafood picnic or a quiet moment. Two great places are the lighthouses at North Head and Cape Disappointment in Ilwaco. The Cape is where the Columbia River passes before bending out toward the Pacific, and seafarers must navigate the Columbia's ship-eating sandbar, Peacock Spit, named after a sloop that sank here in 1841; the skeleton of another ship, the *Peter Iredale*, juts out of the sand as a reminder of how the Cape got its name. Not surprisingly, this is the only place in the U.S. where coxswains train for rough weather and heavy surf.

You can also enjoy a refreshing hike at Leadbetter Point State Park or explore Willapa Bay's Long Island, home to a four-thousand-year-old cedar grove. To visit the island, you must provide the boat to traverse an almost one-hundred-yard-wide channel and then hike 2.5 miles to reach the grove. The diverse birdwatching and solitude are well worth the trek.

For a visual feast of local color, consider a mural tour. The peninsula boasts sixteen historical murals throughout various towns. A good place to begin is in Chinook, east of Ilwaco. The first mural you'll see is located on the side of the telephone utilities building and depicts old-time telephone utility men. Traveling west on U.S. 101 you'll arrive in Ilwaco, where there are five murals, all within walking distance of one another. Continue north on 101 to Seaview, where you'll find a mural on the Pacific Transit Building, depicting early transportation modes. Then follow State Route 103 to Long Beach and onward to Ocean Park to finish the tour.

Every summer, Long Beach celebrates its International Kite Festival but the festivities aren't exclusive to summer. The Water Music Festival, a concert of chamber music, and the Cranberry Festival are held in October. And late spring to late summer attracts thousands of shovel-bearing clam diggers to hunt for razor clams.

Accommodations in the area va from condos and cottages to motels a bed-and-breakfast inns. One partic larly pleasant and interesting st awaits you at the Scandinavian G dens Inn, aptly named to honor t peninsula's rich Nordic heritage. Th renovated home is entirely devoted Scandinavian custom and themes. keepers Mike and Gail Sonnenbe don costumes from a different Scan navian country each day, and the b fet breakfast features authentic gional dishes and a daily special.

The inn has five rooms, each de rated to represent one of the five Sc dinavian countries, and the doors each room bear a word of welcome the language of its respective count The Swedish suite has a soaking t for two behind louvered wooden do in a skylighted room, and each ro includes an imported queen-size Sc dinavian bed. The atmosphere is inf mal; in the Scandinavian traditi guests are asked to remove their sh at the door. (Paper slippers available.) Rates are from $65 to $1 per night; 206-642-8877.

For an excellent and different me try the Shoalwater Restaurant in Shelburne Inn on Pacific Highway tiny Seaview, a town so small that has been described as a blinking lig But they did manage to squee in the Shelburne restaurant, wh serves delectable dishes with uni sauces; call 206-642-4142.

While in Ilwaco, visit the Ilw Heritage Museum, which has exhil on the lifestyles and industries of area's past, including Indian artifa logging tools, and a working mode the historic Clam Shell railroad.

If you feel like snacking, you'll ways find oysters, cranberries and ples. And excellent clam chowder fresh seafood takeout dishes are ne far away. In fact, you can visit cranberry bogs on the way to Oys ville on the peninsula's north e You'll know when you are close to C terville by the oyster shells piled i hills off the roadside.

Sightseeing aside, the beach i vast playground for volleyball, r ning, horseback riding and strolling the sand or the newly comple boardwalk. A series of beautifi crafted cedarwood windbreaks ad the beach, so when the north wi blow, you'll be sheltered without m ing the sun, fun and view.

For more information, write L Beach Peninsula Visitors' Bur 206-642-2400 (800-451-2542 in gon, Idaho and Northern Californi

—KIM ALYSE STEFF

OOK-ALIKE CONTEST

ntinued from page 56

IAL RULES

nplete the entry form or include the following ation on a 3" X 5" card: name, address, phone, eight, weight, date of birth, hair and eye color, ty look-alike and your signature. Attach a brief fifty words or less) explaining what it is about at resembles this person and what qualities you in her. The celebrity must be living. Also send cent color photos of yourself—one head shot ne full-length shot. The photographs must be napshots and no larger than 5" X 7".

l entry to Ladies' Home Journal Celebrity Look-Contest, 100 Park Avenue, 3rd Floor, New NY 10017. All entries must be received by 31, 1991. No responsibility is assumed for ate, incomplete or misdirected mail or printing The prize awarded in any prize notification returned as undeliverable or not responded to five business days shall be awarded to an ate winner. No more than ten winners will be ed.

contest is open to any resident of the United who is twenty-one or older, except employees heir families of Meredith Corporation, Harpo ctions or Harpo Inc., and Revlon Inc. and their ies, affiliates and subsidiaries.

luded in the prize: trip to New York City (air-otel and meals included) for an *LHJ* makeover/ shoot with Revlon stylists (trip in April 1991); Chicago (airfare, hotel and meals included) for pearance on *The Oprah Winfrey Show* if avail-(trip in May or June 1991). Approximate value $3,000.

5. All entries and materials submitted become the property of Meredith Corporation and will not be acknowledged or returned. The essay will be judged based on content, clarity of expression, interest to our readers and general appeal. The photos will be judged on likeness to celebrity represented. The winners will be selected by a panel designated by *Ladies' Home Journal* magazine. All decisions of the judges are final. We will enter into no correspondence or phone communication about the contest or the judging. *Ladies' Home Journal* magazine reserves the right to make over the winners in any way to make them look more like the celebrity represented re: haircut, haircolor, etc.

6. Winners will be selected on or about April 7, 1991, and will be notified by mail by April 15, 1991. The winner must consent to be available at the request of *Ladies' Home Journal* magazine to participate and render services in photography/taping sessions and media interviews. She also agrees by entering the contest to grant *Ladies' Home Journal* magazine the right to use her entry, name, photographs and voice in connection with editorial, public relations, promotional and advertising purposes. Winners must sign an affidavit of eligibility, a release consenting to the use of her name and photograph and a statement confirming the rights of *Ladies' Home Journal* magazine to the essay within five days of notification. Winner must be available to travel during the time periods in paragraph 4.

7. All federal, state and local laws and regulations apply. Void where prohibited. Applicable taxes are the sole responsibility of the winner. Prize is not exchangeable or transferable. No substitution of prizes except at the discretion of *Ladies' Home Journal* magazine. Appearance on *The Oprah Winfrey Show* subject to availability.

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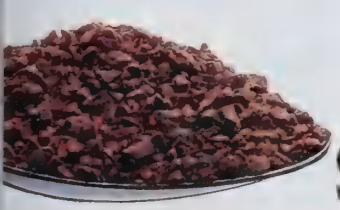

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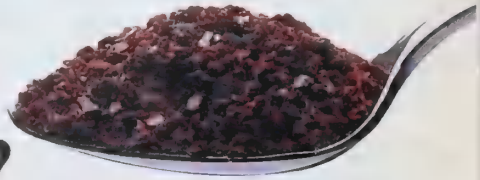

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HELL HATH NO FURY

continued from page 145

cell, waiting to stand trial a second time for the murder of Dan and Linda.

The basic facts of the case are not in dispute. Betty admits going into Dan and Linda's bedroom early one morning in November 1989 and firing the shots that killed them. But was she a cold-blooded murderer, as the prosecution alleges, or—as she contends—simply a desperate woman scorned who acted in a fit of passion?

San Diegans have been avidly following the story since Dan and Betty separated in 1985 amid the ugliest divorce proceedings the town had ever seen.

Betty's first murder trial late last year made even more of a sensation. For a month, one local station provided live coverage of the juiciest courtroom testimony, preempting the soap operas in favor of this lurid real-life drama.

Her lawyer portrayed Betty as a woman devastated by her divorce, and in the end the jury declared itself hopelessly deadlocked.

Betty will stand trial again in late spring or early summer. But for now she remains in Las Colinas, where she has been held without bail for more than a year.

How did this privileged society matron stray so far? Here, based on courtroom testimony, jailhouse interviews with Betty, and talks with a number of her family and friends, is the true story of a fairy tale that turned very, very sour.

"The perfect couple"

A football weekend at Notre Dame was the perfect place for a girl like eighteen-year-old Betty Bisceglia to meet a proper husband in the fall of 1965. The bubbly blond freshman at the College of Mount St. Vincent, a Catholic women's school in New York City, had come to Indiana with two classmates to see Notre Dame play the University of Southern California. Then something even more exciting happened: Betty met a dashing Notre Dame senior, Dan Broderick. He began wooing her immediately with these magic words: "I'm an MDA—medical doctor almost."

Romantic to a fault, he styled himself after his idol—Clark Gable as Rhett Butler in *Gone With the Wind*—and continued to pursue Betty when he came east to New York City a year later to attend Cornell medical school. The oldest son among nine children in a strict Catholic family from Pittsburgh, Dan was driven to succeed and was just the sort of man Betty's parents would be thrilled for her to marry.

Betty graduated early, in January 1969, and was proud to be the first in her class to marry when she wed Dan in April, during his third year of medical school. They moved into his tiny dormitory room, and Betty began working as a grade school teacher. Their first daughter, Kim, born in 1970, had a dresser drawer for a bassinet. But the seeds of the future were sown: Betty's well-to-do parents sent a layette from Saks Fifth Avenue.

Blind ambition

Dan cooled on a medical career and decided to go to law school; if he became a malpractice lawyer, his medical training would still serve him well. He was accepted to Harvard Law School, and Betty figured three more years of struggle would benefit both of them in the end. "I'd vote for being rich any day, wouldn't you?" she says now with an ironic laugh.

With her Catholic upbringing, Betty didn't believe in birth control. Their second daughter, Lee, was born in 1971. A son, born in 1973, lived only two days.

Life was different from Dan's courtship promises—he liked to stay out late and party with the boys; when he'd had a little too much to drink, he would sprawl on the floor, pretending to be an alligator. But Betty thought that was just the way men were. She had been brought up to believe that love meant putting the other person's happiness ahead of your own. "I waited on my husband like he was a king and I was his slave," Betty says.

When Dan graduated from law school in 1973, the family headed for San Diego, where Dan had been offered a job with Gray, Cary, Ames & Frye, the city's oldest and most powerful law firm.

At first money was tight, but Dan rose rapidly in the San Diego legal community. By the time Daniel Broderick IV was born, in 1976, they were able to move into a five-bedroom house.

Gregarious and a fastidious dresser who liked to wear a top hat and cape to formal affairs, Dan was popular with everyone. Still a man's man, he liked to stop for a drink with his buddies, and to sail and play softball with fellow lawyers on Saturday mornings.

Other attorneys were awed by Dan's brilliance. Brian Forbes, a partner now at Gray, Cary, who was Betty's friend for close to twenty years, marveled that Dan could get work done even on vacation.

"We'd be sitting around a pool somewhere, and Dan would have a lapful of cases and a highlighter pen," Forbes recalls. "He'd be taking full part in the conversation, but he'd be *(continued)*

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HELL HATH NO FURY
continued

working at the same time."

To his attorney friends, it appeared that Dan adored his pretty wife, whom he always called Betts. He never had a bad word to say about her. But the truth was that he could be demanding at home. He wanted his family to be part of the perfect image, and he left it up to his wife to see to it that they were. "There were ups and downs like in everyone's life," Betty says now, looking back. "I'd get very upset with him for never coming home, and I'd cry all the time, but I'd get over it. I totally loved the guy."

Betty still nurtured hope that he'd become more of a family man. In 1976, she insisted that he go with her to a Marriage Encounter weekend, sponsored by the church. In a long letter Dan wrote to her as part of the workshop, he promised he would try harder to spend more time with her and the children. But he also told her that his own dreams of material success propelled him to spend long hours working. The money he earned, he wrote, would mean that someday they could afford a new couch, a microwave oven, vacations in Europe. He wanted to take the whole family to Indiana for the annual game between Notre Dame and USC, the same colleges that played the day he and Betty had met.

Mid-life crisis

In 1978, Dan left Gray, Cary, formed his own firm and really began to prosper, winning million-dollar malpractice verdicts against doctors. That year the Brodericks were able to fulfill the California dream—they added a swimming pool in the backyard. Their younger son, Rhett, named after Dan's hero, was born in 1979. They bought a boat and a ski condo in Colorado.

Betty spent her time in classic high-society fashion—charity balls, volunteer work—and she spent Dan's money. He handled all the finances; Betty didn't even have a checking account in her name. But she did have credit cards, and she cut a wide swath through the designer boutiques at Saks, I. Magnin and Nordstrom's, shelling out $37,000 in one year at the height of her spending power.

You could date the start of real trouble to 1983, the year Dan turned thirty-nine. That summer, Betty took the kids on a five-week camping trip. Toward the end, Dan was never home when Betty tried to phone. She didn't think too much of it until her return. "He didn't seem happy to see us," Betty says. "I hadn't been home one minute when I knew something was wrong."

Dan later announced he was going to hire a new legal assistant, and Betty was pleased, thinking he was trying to make more time for the family. But the new assistant turned out to be an attractive twenty-two-year-old named Linda Kolkena, who'd been working as a receptionist on Dan's floor.

Suspecting he was having an affair with Linda, Betty demanded he fire her. Dan denied it and said Betty was imagining things. But when he came home in a new red Corvette a few weeks later, she went out and bought books on mid-life crisis.

Betty did what she could to look more attractive. Despite her slim figure, Dan ragged her for being fat. She decided she could enhance herself with more new clothes and grew her hair back to shoulder length. "I wanted to be perfect, absolutely perfect, for Dan Broderick," she says.

Betty planned a surprise for Dan's thirty-ninth birthday and took champagne to his office so they could watch the sunset together. Arriving there, however, she discovered the remains of a party. The receptionist told her that Dan and Linda had gone out to lunch and hadn't come back. Betty waited in growing humiliation, then drove home in a fury.

That was when something snapped. Ripping Dan's custom-made suits from the closet, she piled them in the backyard and set them afire.

When Dan finally came home, she met him at the door and told him, "You're out of here."

He claimed that she misunderstood. There was no affair, he said. Betty relented, but life was never the same.

The other woman

A former flight attendant, Linda, a tall blond, had no trouble attracting men. She'd followed a boyfriend to San Diego but had broken up with him shortly after she found the job as a receptionist. There she met Dan, who offered her a job as his legal assistant at $30,000 a year.

According to Steve Kelley, the editorial cartoonist for the *San Diego Union*, who was in love with Linda himself, she "talked all the time about her boss, what an incredible guy he was."

Steve was taken aback when he saw where she worked. Linda had the office of a high-powered executive—and no training for legal work. "She had floor-to-ceiling windows looking out on bay," Steve says. "And on her w she had this photograph of Dan B erick on horseback, with the h rearing up. It was like a knight shining armor."

Steve asked Linda if she had been involved with her boss, and denied it. But even as the relations between Steve and Linda deepe Linda lunched frequently with boss and accompanied him to m evening bar-association events. Linda's birthday in 1984, when was vacationing in Europe with wife, long-stemmed red roses arri for Linda. Whenever he was ou town, he let her drive his red Corve

Steve finally confronted Linda, tearfully confessed that she and had had an affair when she was w ing as a receptionist. She claimed loved both of them, that she could choose. Steve reminded her that

"This is the story of the most wonderful mother in the world," Betty says from her cell.

seldom leave their wives and chil for a secretary-mistress. But in end, Linda chose Dan.

"I never really blamed her," S says now. "Dan was everything wanted in a man."

In September 1984, Dan and B moved into a rental home while pairs were made to a crack in the f dation of their house. More than house was crumbling; the marr was finally falling apart. Althoug still denied having an affair with da, Dan moved out of the rental h and back into the family home.

Adrift and alone with the chil Betty found her nerves were fray When her daughters quarreled, dropped one of them off at Dan's h telling him to deal with her. A days later, when the little boys sq bled, she took one of them ove Dan's, too.

"No way I'm going to be a si mother with four children," she ploded to friends.

In June, with the lease expi Betty asked Dan, "Where will I And Dan finally got a chance to fi Rhett Butler's immortal parting "Frankly, my dear, I don't gi damn."

By then, the children were all li with Dan. And by the end of the mer, Dan's relationship with L was out in the open.

This means war

Dan filed for divorce in Septe 1985, setting off the bizarre and b wrangling that was to galvanize Diego for four years. According to uments Dan filed with *(contin*

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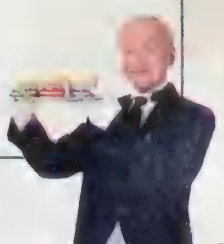

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HELL HATH NO FURY
continued

the court, Betty broke into the house and shattered mirrors and spray-painted walls, curtains and a fireplace.

Betty, by her own admission, was having trouble coping. But Dan was a formidable opponent. For one thing, he was a well-connected lawyer—he was elected president of the San Diego Bar Association in 1987—and he knew how to maneuver the proceedings to protect his interests. He also held another key—the finances. Betty even ended up without a divorce lawyer, partly because she had trouble getting Dan to advance money for the fees, standard in divorce procedings. What's more, many attorneys in town knew Dan and didn't want to take the case.

Dan and Betty each moved into other houses. Dan wanted to sell the family home, but Betty refused to cooperate. Dan got a court order and sold the house, a community asset, without Betty's signature. Enraged, Betty drove over to Dan's house, demanding her share of the money from the sale.

Dan told her she had ten seconds to get off his property. Betty retaliated by ramming her Chevy Suburban into his front door. Dan called the police and had her committed to a mental-health facility for observation; she was kept three days.

As the battle wore on, Betty felt adrift. Suddenly, she said, "I wasn't Mrs. Anything." Some of her friends advised her to let go, to get on with her life. But Betty felt she had no life to get on with. She had lost her husband, her children, her house, many of her friends and her position in the community. And the legal wars weren't over.

Both used the children. Dan turned off the bell on his telephone and locked the answering machine in a closet. Betty would try repeatedly to call the children, only to hear the recorded message over and over. Later the children would ask her why she hadn't returned their calls.

Dan let Linda record the message on the machine, and when Betty heard her voice, she became furious, calling the younger woman a bimbo and worse. Dan played her messages in court as an attempt to prove her instability, but Betty won that round. A judge told Dan that "the girlfriend's voice is not to be used on the answering machine, which is a tool for the mother and children to communicate."

Enmity between the women grew. Since the separation, Betty had gained sixty pounds. Suddenly, she began receiving flyers advertising diet programs and wrinkle creams. thought Linda was sending them.

Then Betty bought a revolver, le ly, after Linda came to her house w Betty was out, tricked the houseke into letting her in and stole Be diary. "I felt emotionally attacked assaulted," Betty says, "and I ha way to defend myself." Betty wa miliar with firearms; she had lea to shoot at summer camp.

But did she plan to use the Some friends say she told them was going to kill Dan, but no one her seriously. The remarks just so ed typical of Betty's brittle humor, an Forbes says.

The final decree

The Broderick divorce was grante 1986 with Dan keeping all the dren. In January of 1989, they ne ated the property settlement at Dan retained custody of the boys went to live with Betty, and Kim away at college. Betty received the interest in the old house and sion funds from Dan's law firm. was ordered to continue support ments of $16,000 a month, a s ment Betty thought was unfairly considering that Dan was ear more than $100,000 a month. An court renewed a restraining

inst Betty, to keep her away from
n's home.
Linda and Dan began making plans
an April wedding. Then the guest
disappeared, and Linda told her
nds that she was afraid Betty
nned to disrupt the proceedings.
da's friends joked that they should
ar combat clothes to the ceremony
case they had to hit the ground;
neone suggested that Dan wear a
letproof vest.
But the nuptials went off smoothly
ler the tall eucalyptus trees in front
he house, with a poolside reception
he backyard. In the pictures, Linda
rs a striking resemblance to Betty
her own April wedding day twenty
rs earlier.
Now that Linda was Dan's wife, she
d to put her foot down about Betty.
the urging of her friends, she put
voice back on the answering ma-
ne. After all, it was her house now.
d when Betty asked Linda to return
wedding china since Linda had a
nd-new set of her own, she refused.
e didn't get it in the divorce, and
's not getting it now," Linda told
enteen-year-old Lee, who tried, at
mother's request, to intercede.
ut for all the bravado, Linda was
red of Betty. She telephoned one
nd, Sharon Blanchet, who was a family-law attorney, nearly every day to report Betty's latest shenanigans.

"People got tired of hearing it," Blanchet says. "They felt like she should give it a rest."

Steve Kelley, who remained a friend, says he thought otherwise. In October, Linda told him that, in yet another apparent violation of the restraining order, Betty had appeared in their bedroom one evening while they were dressing to go out.

Steve says he told Linda, "It sounds like the woman has gone over the edge. This is the kind of woman who could get a gun and shoot you."

Betty's breaking point

In the summer of 1989, Betty was finally able to hire an attorney to try to regain custody of Danny, then thirteen, and Rhett, ten. But Dan cleverly maneuvered to postpone the court date while he and Linda took a number of expensive vacations. He tried to leave the boys with baby-sitters, and Betty had to get a court order allowing her to care for her own children while her ex-husband went on vacation. Then came the unkindest cut: In October, Dan and Linda took all four children to South Bend, Indiana, for the Notre Dame–USC game; he and Betty had never made the return trip.

"It's like Dan's life has just gone on," Betty said. "I feel like Linda is living *my* life."

On Friday, November 3, 1989, Betty found new legal papers in the mail, threatening her with criminal contempt charges for leaving more obscene messages on Dan's answering machine. Danny and Rhett were spending the weekend with her, and on Saturday night, Betty's friend Brad Wright, a building contractor she had met after the divorce and dated casually, had dinner with them. They watched TV for a while, and Betty turned in early, with Rhett climbing into bed beside her. Brad slept in another room in the house.

Shortly before dawn, Betty says she woke and went to the kitchen. Rereading the legal papers, she says she was overwhelmed by feelings of futility. She got in her car, thinking she would walk on the beach, but instead she drove to Dan and Linda's home.

On the front seat of the car was a set of Kim's keys, with one to the back door of Dan's house. Also on the seat was her purse, containing her revolver. She had left the bag in the car, she testified, as was her habit, to keep the gun from her sons.

She says she was going there to settle the custody issue once *(continued)*

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as seen on page 102

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HELL HATH NO FURY
continued

and for all, and if Dan was not willing to talk, she would "blow my brains out right there in his bedroom, so everybody would know what he'd done to me."

But that's not what happened. She let herself into the Georgian mansion, glided up the staircase and crept into Dan and Linda's bedroom. There she fired five shots. Linda died instantly, shot once through the neck and once in the chest. Dan, wounded in the back with one shot, was found toppled over onto the floor beside his nightstand.

Betty says the next thing she remembers is finding herself at a phone booth, calling a friend to say she thought she had shot Dan and Linda. The friend called Brad Wright and awakened him about seven in the morning. Brad got Brian Forbes, who lived down the street, and rushed to Dan and Linda's house, where they climbed in through a partially opened window. In the master bedroom, they found the bodies.

At about the same time, Betty arrived at her daughter Lee's apartment. Crying and vomiting, she told her daughter she thought she had shot her father. Later that morning, Lee and her boyfriend drove Betty to the police station so she could turn herself in.

Trial of the year

After her arraignment, Betty remained in Las Colinas without bail. Then on September 28, 1990, she went on trial for first-degree murder—in the same courthouse where Dan Broderick held forth in his glory days.

Lee, nineteen, and Kim, now twenty, were in the courtroom every day, Kim sitting on one side of the aisle with her father's brothers and sisters, and Lee on the other, with Betty's brothers and sisters. Both daughters were called to testify about their parents' marriage.

"I don't want my mother to suffer or to die in prison," a tearful Kim says now, "but I think she should be punished. My father didn't deserve to die."

The boys are in Denver, where they have been living with their Aunt Kathy, the estranged wife of Dan's brother, Larry. There was a court order preventing Betty from communicating with the boys, but Lee passed her a note in court one day saying, "We love you, and I know the boys love you and miss you, too."

Betty was represented by one San Diego lawyer for arraignment and another for pretrial hearings; then she hired Jack Earley, a noted criminal attorney from Newport Beach, an hour north of San Diego. This type of defense does not come cheap—the total bill has run to a reported $500,000, every penny she received in her divorce settlement.

As locals watched the drama unfold on TV, sentiment ran high against Betty, but her lawyer waged a valiant defense. Earley painted a picture of a humiliated woman who deserved sympathy. He said it was important to think about her state of mind, to look at what she did in the context of w was done to her. Defense psychiatr testified that Dan compounded his trayal of Betty when he lied to about the affair, creating a smol ing rage in her.

To Betty, divorce was like tak her job away from her, said Da Sonkin, a marriage and family c selor from Sausalito. "When a loses his job, people are not surpr that he goes into a depression." D belittling of Betty and the prolor nature of the divorce were a forr battering, he said.

After four days of deliberations, jury's inability to reach a ver caused an uproar in town. Steve ley drew an editorial cartoon of Be Chevy Suburban plowing over D and Linda's graves.

From her cell, Betty pleads for derstanding. "People want to bel that this is the story of a man who off with a younger wife. Bang. B That's not the story at all. This is story of the most wonderful moth the world, who lost her kids and d even get visitation. Dan's friend want to believe the lie that he lef crazy wife and married an inn girl he met later. But I was alwa happy, well-adjusted person befor this began."

Regardless of the verdict in the ond trial, Betty says, her fate i ready clear. In this case, "no won," Betty says. "Everybody lost

Kathleen Neumeyer is a free- writer based in Los Angeles.

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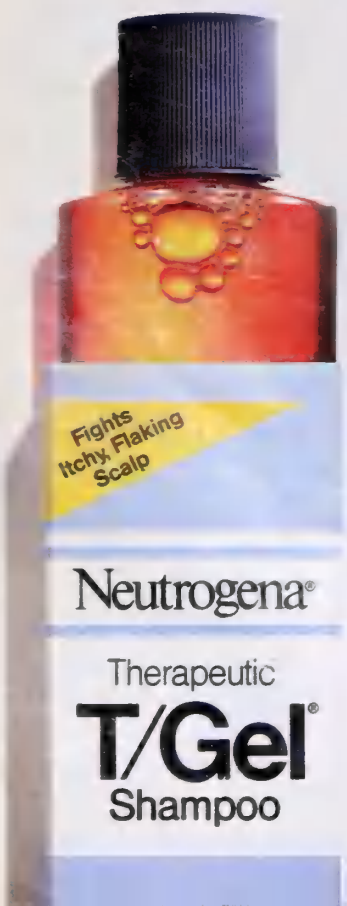

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ABSENCE OF ANGELS

continued from page 148

the pediatric immunologist who would become Ari's doctor.

They explained that there had been a lot of infected blood at Cedars-Sinai Hospital in the early years of the epidemic. They asked me if I had had any sexual relationships with anyone other than Paul. I laughed because the question was so stupid. I hadn't even kissed anyone since the day I met him.

Dr. Stiehm told me that he thought I had been infected through my transfusion and had passed the virus on to Ari during breast-feeding, and to Jake in utero.

Paul and I sat there in shock. In our worst nightmares, we could never have imagined the devastation of those few days. Our entire world had been crushed. Ari, Jake and I might all die. It was too much to comprehend.

They said that Ari had to start on gamma globulin treatments right away to shore up her immune system. Although Jake tested positive, his other tests were normal. Because he was only eighteen months old and Ari hadn't become sick until she was four, I think I felt Jake still had time. Immediately, all my focus shifted to Ari.

As for myself, I carried the AIDS infection in my blood, but didn't show any symptoms of AIDS. I was told there was a 30 percent chance I'd become very ill within the next three years. It was at this time I realized I was not going to see things eye to eye with the medical profession. Why hadn't they told me I had a 70 percent chance to *live*?

Dr. Stiehm said that we shouldn't tell anyone about our diagnosis because the experiences of other families with AIDS had not been positive. After being diagnosed with AIDS in 1984, Ryan White was barred from school, and in 1987, the Ray family of Arcadia, Florida, found its house burned to the ground because their three sons carried the AIDS virus.

The life we had known was over. From now on nothing could be taken for granted—no moment and no action. I had to stay strong so I could save my children.

Paul and I decided to confide in only a handful of friends, some whose children were playmates of Ari and Jake. For them, it was like finding out that their children had been in danger for years. I wondered whether I would react any differently if I were in their place. When we told people about having AIDS, we forced them to enlist in a conspiracy of silence. Were word to get out, we were afraid we would be treated like plague victims for no reason.

At this time, answers to questi about AIDS were in very short sup It was an important moment in 1 when Surgeon General C. Eve Koop stated that AIDS could not transmitted through tears or saliva was a huge step in teaching that A is not spread through casual contac also offered our friends the infor tion they needed to not be afraid, eventually to resume our nor friendships.

I remember one day, right in beginning, I came home and foun crack in the skin between my toe became hysterical and called my tor. "I have this crack between toes—is this something horrible?"

"It means you have athlete's f Elizabeth," he said.

Athlete's foot. Okay. I could c with that. Initially, everything t wasn't right was so ominous. A cou A cold. A stomachache.

While I was fighting my batt Paul was coming to grips with his c private war. He started meditat and doing yoga. He looked inside find answers to very hard questic He worked as much as he could, that gave him strength to keep go It offered him a reality outside of house that he could count on. So times it's hard for me to believe my is real, but trying to imagine be Paul is even more difficult.

By mid-July, Ariel was doing w People would often say to me wha spectacularly beautiful child she w We still appeared to so many as picture-perfect family. Each morni I would sit with Ariel and pick ou hair ribbon. We would stand in fron the mirror and I would brush her h one hundred times to make it shine

There was a certain false stabi during that year. I was lulled into lieving that we could go on this w forever. I felt strong, and Jake and were doing very well. The only med treatment Ari needed at that ti were her gamma globulin infusions ery three weeks and antibiotics to p vent infections.

The beginning of the end

In 1987, we decided we would m our annual summer trip to Mai That meant swimming, boating, h ing and picking wild blueberries. Ari started to seem weak, and I sen for the first time that she was beg ning to fail. Her appetite diminish and she complained of stomach pai

I knew that the new drug A was the only treatment that seen effective in slowing the deteriorat of those already sick with AIDS called Dick Stiehm and said, "We got to get AZT for her now."

t's only ready for adults, not chil-
n. They haven't determined the pe-
ric dosages yet," he replied.
When will it be ready?"
n the fall."
couldn't believe that I could take
as soon as I needed it while my
d could not. I was outraged and
trated by this and prayed we could
g on until then.
riel had set her heart on beginning
grade that September, and so did
didn't work. Though Ariel looked
utiful with her shiny hair and lu-
ous blue eyes, she frequently had
ursts of ghastly pain. Ariel was a
ant fighter, but was able to finish
two weeks of first grade.
inally, Ari had to go to the hospi-
Her pain was caused by acute pan-
titis. Her pancreas was inflamed,
ch meant she couldn't digest food,
that made it impossible for
to eat.
Ve tried to make Ari's hospital room
brant and colorful place. We deco-
d the walls with her artwork and
d the room with flowers, balloons,
ts, pillows and stuffed animals, es-
ally her favorite gray bunny.
his hospital stay was very painful
all of us. I had not yet found my
with the nurses and doctors. We
e not yet a team. Anyone who ap-
ached Ari with something painful
ame our enemy; anyone who helped
port us became our friend.
ventually, we were told we could
e her home if she had a special
neter surgically implanted in
abdomen so food and medicines
ld flow into her directly. We
ld feed her at home if we mastered
ystem called total parenteral nu-
ion, or TPN. At first, it was a
htmare, taking two hours a night to
up. Paul had to watch me in case I
bed my eye, desterilizing the pro-
s, in which case I'd have to start all
r. Wiping my nose or eyes was a
ury I could no longer afford when I
s in the midst of the process.
t the same time we were learning
ut TPN, we were told that Ari
ld have the long-awaited AZT. We
e optimistic about the pills, but
y had no impact on her at all.
y now Ariel had lost a lot of weight
could barely talk. We learned to
mmunicate with our eyes. By Febru-
, when she stopped walking com-
tely, I carried her everywhere and
everything for her.
n March, nearly two years after our
ial diagnosis, the guillotine fell.
el got pneumonia, and we were back
UCLA Hospital again. Dr. Stiehm
d she might die within the next for-
ight hours. Everyone believed the
had come. Everyone but Ari.

When I was told that Ari might die, I began to realize that if she died, then Jake was going to die. Before, I'd believed that at some moment when our own lives seemed utterly hopeless, an angel would suddenly appear to set everything right. Well, there weren't going to be any angels. If anything was going to be done, I was the one who would have to do it.

Paul and I had done everything we could, and she was still going to die. It made no sense! It was then that I realized I had to do something. A mother's job is to save her child.

That night I spoke with Paul. He was silent and then said with great gentleness, "I'll support you in whatever you have to do. I just can't speak publicly about something so personal, but if you feel you have to do something, I'll certainly stand behind you."

I gave him a big hug. I knew this was the moment when I was taking some control over our destiny.

Elizabeth knew she needed to understand AIDS issues around the country and started speaking with doctors and political figures to learn about the larger picture. She came to realize that no one was working as an advocate for children. AIDS affects children differently than adults, and separate research was needed. Elizabeth decided to concentrate on fund-raising for research on pediatric AIDS. With two of her closest friends, Susan De Laurentis and Susie Zeegan, she started the Pediatric AIDS Foundation.

During a trip to Washington, Elizabeth learned about the positive results being achieved in children when AZT was administered intravenously instead of orally. However, this form of the drug was in the hands of drug companies and not yet approved.

To a mother losing her child, it made no sense. I couldn't accept that there was something that might help my child live that they wouldn't give me because regulations stood in the way. I used every connection, even promising to go to the President of the United States if denied. Finally, we were sent the intravenous AZT.

We started Ari on it immediately and waited. Nothing happened. Then, three weeks after we started it, I walked into Ari's room and she looked up at me and said, "Good morning, Mom. I love you."

She hadn't talked in three months! I could hardly believe it. Ari was back. I couldn't contain my joy. I ran to her and almost shouted, "I love you, too, Ari! I love hearing your voice!" It was the miracle we had been waiting for.

Every day she improved and was able to do more without our help. A few days later she asked *(continued)*

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ABSENCE OF ANGELS
continued

to hold a paintbrush. The intravenous AZT was unwinding Ari's cocoon of paralysis, and her six-year-old self was still underneath. None of us had given up. We were all coming back to life with her. Ari could talk now, and walk. If she was going to make it, I believed we all were going to make it.

Ariel's rainbow

It was early June of 1988. It was one of those miraculous Los Angeles days when the sun, sky and sea all seem perfect. On the spur of the moment, I asked Ari if she would like to go down to the Santa Monica pier amusement arcade. Ari was still in a great deal of pain, but she loved the pier. That day, her friend Francesca was also there, but when Ari said she wanted to go on the Ferris wheel, Francesca said she was too afraid. For the first time in months, Ari felt braver and stronger than her friend. It made her feel triumphant. Eventually both girls decided to go. Then Ari and I took a ride, too. I can just imagine how we looked as we came around and around, waving wildly, queens of the sea and sky.

Though I didn't know it at the time, that day on the pier was Ari's last hurrah. Two weeks later she was readmitted to UCLA Hospital. We celebrated her seventh birthday there. A week later she died. Ariel Glaser had been on the earth for seven years and eight days.

We flew to Boston to bury her in our family plot. There was a steady drizzle as Paul, Jake and I drove off for Maine after the burial. Sometimes the beating of the windshield wipers was the only sound in the car. We were in the farmlands of southern Maine when we saw a spectacular rainbow stretching clear across the sky and brighter than any we had ever seen. It was glorious. High beyond Route 35 was every smile Ari ever smiled in every color she ever loved.

A future for Jake

I couldn't wait months to recover from the loss of my daughter because those months might be the ones that could save Jake's life. I wanted to raise money immediately for the research that would help the child I still had.

I spoke to anyone who would listen to me. I was learning not to be afraid of failing. I was learning that people respected me for trying. I talked with the President and Mrs. Reagan, Surgeon General C. Everett Koop, Steven Spielberg, Barbara Bush, Kitty Dukakis—anyone who might be able to help with money or time. I knew some people thought it wasn't fair that it took the wife of a TV star to bring attention to pediatric AIDS. But I wasn't trying to make people care about AIDS because it happened to my family. I was just trying to make people care.

In 1989 we organized a fund-raising dinner called "A Night to Unite." It was a great triumph, raising $1 million—all of it going directly to research. Though I had tried to work quietly behind the scenes coordinating the benefit, I had exposed myself to dozens and dozens of people.

A short time later, after protecting our secret for three years, friends began reporting strange calls from people pretending they knew us. They called our house, UCLA Hospital and the foundation. A man came to our house one day and said to Anna, our housekeeper, "Aren't you afraid to work here? Don't you know this family has AIDS?" She slammed the door right in his face.

The hunt had begun, and my family was the target. It soon became clear that it was the *National Enquirer.* They told us they were going to run a story about us. We felt we had no choice but to go public first.

As it turned out, when the *Los Angeles Times* ran our story, our biggest fears never materialized. Our friends and colleagues called nonstop to offer their love and support. We were lucky. Our isolation was over.

Since we went public, Paul and I have spoken about Ari's illness and death to educate people in the hope that our son and all other children battling AIDS might be able to live. As proud as I am about what we have accomplished, I still hate the fact we had to do it at all.

There are approximately one and a half million Americans just like me who are living with AIDS. There are as many as twenty thousand children just like my children. The numbers increase every day. Someone dies of AIDS every twelve minutes. We are making progress in the war against AIDS, but it is far from over.

On March 13, 1990, Paul and I testified in Washington before the House Budget Subcommittee on health issues. It was a monumental event in our lives—the culmination of our struggle to move forward despite our pain. We had come farther than either of us ever imagined.

As we left the building that day, we felt as though we could hear the receding echoes of our voices and only hoped that someone out there would listen.■

To contact the Pediatric AIDS Foundation: 2407 Wilshire Boulevard, Suite 613, Santa Monica, CA 90403; 800-488-5000.

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GLAMOUR GIRL
Page 156-157 Photo, left, all makeup, L'Oréal: Hydra Perfect Treatment Makeup in Sand Beige, Microblush Softly Sheer Cheekcolour in Camellia, Visuelle Pressed Powder in Transparence Medium, Couleur! Couleur! Eyeshadow Quad in New Coleurs Violette Plum, Le Grand Kohl eye pencil in Cafe, Splash Out Waterproof Lash Extending Mascara in Soft Black, Colour Supreme Longlasting Lipstick in Subtle Rose. Photo, right, all makeup, Revlon: Waterproof Lip Shaper in Nudetones, Velvet Touch Lipstick in Sensuous Sienna and Baroque Beige, Custom Eyes Shadow in Cedar, New Complexion Concealer in Light, Waterproof Eye Shaper in Mink, Fabuliner Liquid Eye Liner in Black, Long & Lustrous Mascara in Black Cat Black, Waterproof Eyebrow Pencil in Medium Brown, Springwater Makeup in Buff, Springwater Powder in Light, BareWear Sheer Powder for Face & Cheeks in Sheer Terra.
Page 158-159 Photo, left, all makeup, Maybelline: Finish Matte Water-based Liquid Makeup in Classic Peach, Brush Blush in Terra Cotta Rose, Cover Stick in Fair, Natural Accent Eye Pencil in Teakwood, Blooming Colors Eye Shadow Collection in The Suedes, Lineworks in Basic Black, Great Lash Mascara in Very Black, Precision Lip Liner in Rose, Revitalizing Color Lipstick in Rose Petal Red. Photo, right, all makeup, Princess Marcella Borghese: Molto Bella Liquid Powder Makeup in Neutrale 1, Powder Milano Pressed Powder in Neutrale 1, Blush Milano in Coral Aida, Shadow Milano Trio in Aida, Eye Accento Pencil in Green Aida, Lumina Luxuriant Mascara in Espresso, Eye Duetta Primer and Concealer in Light, Lumina Lipstick in Coral Aida, Perfetta Lip Pencil in Prima Coral, Fragrance, Guess.
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1 (8-oz.) bottle clam juice
½ cup dry white wine
1 Tablesp. parsley flakes
½ teasp. oregano
¼ teasp. pepper
1 lb. scallops
¼ cup whipping cream
¾ (1 lb.) pkg. pasta shells, cooked and drained

In Dutch oven, melt butter. Sauté celery, mushrooms and garlic in butter until vegetables are tender. Add remaining ingredients except scallops, cream and pasta shells. Bring to boil, reduce heat and simmer, uncovered, stirring occasionally, 30 minutes. Stir in scallops and cream and simmer an additional 5 minutes or until scallops are cooked through. Serve sauce over shells. Makes 6 to 8 servings.

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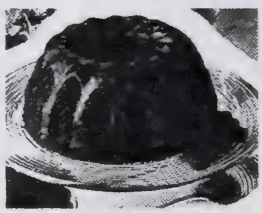

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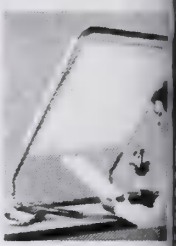

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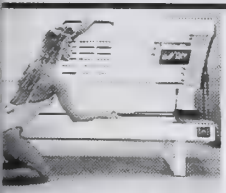
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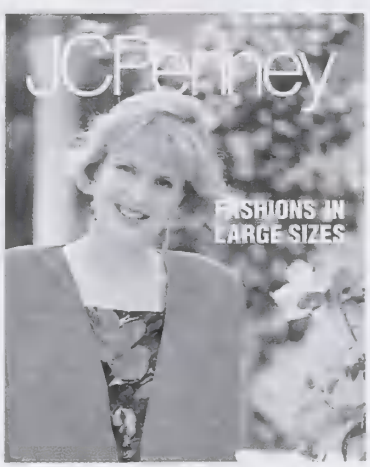

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OUT OF THE MOUTHS OF BABES

One day my brother-in-law told his five-year-old son he wanted him to be the perfect gentleman when he grew up. "Oh, no, Dad," Gary answered. "When I grow up, I want to be just like you!" —*Cathy Warren, Wildwood, NJ*

My neighbor dropped by to see my six-year-old niece's new puppy. "Does he have papers?" my neighbor asked. "Sure," Melissa replied, "they're all over the basement floor." —*Sherry Brown, Lansing, MI*

My four-year-old daughter, Danielle, wanted to learn the days of the week, so I sat down with her and repeated them: "Sunday, Monday, Tuesday, Wednesday, Thursday, Friday and Saturday." After a pause, Danielle looked at me and said, "But Mommy, you forgot 'Tomorrow'!" —*Mona Herring, Webb, MS*

NANCY® by Jerry Scott

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We'll pay, on acceptance, $50 for children's anecdotes and $100 for humorous poems. Send submissions to Last Laughs, LHJ, 100 Park Avenue, New York, NY 10017. Submissions cannot be acknowledged or returned.

COMING IN April

Jerry Simpson

Food pharmacy We've got tasty recipes with tons of nutrition, plus sensible tips to help you reap the most health benefits from every meal. Don't miss our guide to good eating—make every bite count.

Weekend update Does your family room need a face-lift? Gather the gang for a Saturday/Sunday decorating redo using our quick tricks for a truly masterful makeover.

From Sarabeth's kitchen ...to yours! New Yorkers line up to sit down for brunch at Sarabeth's Kitchen, but we'll bring the best of Sarabeth to you—mouth-watering scones, magnificent muffins and more.

Money matters Recession. A rollercoaster stock market. Collapsing real-estate prices. What's a family to do? Don't miss our new money column designed to help you steer your finances through tough economic times.

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LADIES' HOME Journal® VOL. CVIII NO. 4 APRIL 1991

IN THE NEWS

51 • **Up front** Women at war; tax-saving tips; at home with *Home Alone*; and more.

124 • **The little boy with a gun** Nine-year-old Cameron Kocher took a hunting rifle and shot the seven-year-old girl who boasted she could beat him at Nintendo. A chilling look behind a tragic case. *By Tom Lowry*

133 • **Earth Day 1991** We made some big promises on the twentieth anniversary of Earth Day. But what pledges were really kept? *By Mark Miller*

142 • **The last battle** Sally Atwater's husband, Lee, was the fiercest fighter in the Republican party. Now he's fighting for his own life. *By Maureen Santini*

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65 • **What's hot: the second annual Lady Awards** Join us once again as we present *our* prizes—for the categories Oscar might miss. *By Leslie Jay*

COVER STORY 138 • **Kevin Costner: myth or man?** He's the hunk of the moment and a happy family man. Is he too good to be true? *By Sally Ogle Davis*

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116 • **Personal journal** The art of small talk; simple spring cleaning; and more.

140 • **All alone: the new loneliness of American women** Our lives are more and more complex, we're surrounded by family, friends, colleagues—why do so many of us feel a strange sense of isolation? *By Margery D. Rosen*

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73 • **How to get your kids to love books** Special bonus section: Wish your toddlers or teens would turn off the TV and pick up something to read? It's easier than you think with these tips from the experts at Reading Is Fundamental.

92 • **Parents' journal** *By Mary Mohler*

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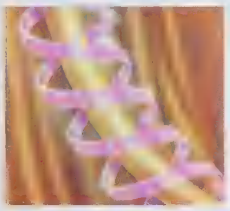

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96 • **Understanding kids** *By Lawrence Balter, Ph.D.*

100 • **Family finance: How to protect your family in these hard times** Introducing a new feature to help you cope with the economic crunch. This month, a young couple looks for ways to get the best insurance at the best price. *By Michael Weiss*

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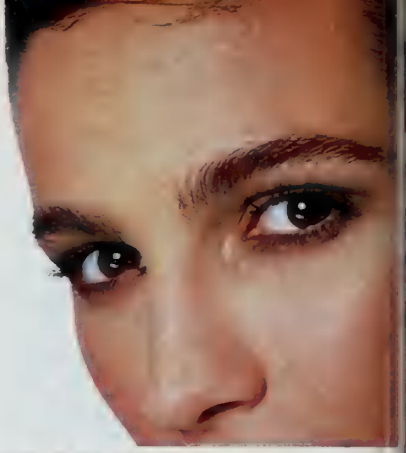

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EDITOR'S JOURNAL

By Myrna Blyth

A SPECIAL REQUEST

IN THE GULF From left: Captain Cathy Navarro, Captain Linda Bluette, Captain Melinda Poole, an Air Force security gate guard, Captain April Gauthier, Captain Kara Murray and Captain Robin Iler

Dear LHJ: I am an Army nurse deployed in Saudi Arabia since August. Although there are many soldiers that have it harder than we do, my friends and I find it difficult to believe that six months ago we were wives, mothers and, in one case, a grandmother, living in our own homes. Now we live with fourteen other people in a tent, shower outside and use an outhouse! We have dry skin, no makeup, and hairstyles done by Saudi barbers.

Captains Navarro, Iler and I are all married to servicemembers who are also currently deployed in Saudi Arabia. Captain Bluette and Captain Poole (our grandma) are both married to servicemembers still in the States. Captain Gauthier's artist husband is caring for their daughter. Captain Iler's two daughters are at home with her parents. We are all stationed with the 5th MASH (Mobile Army Surgical Hospital), originating from Fort Bragg, North Carolina.

We have all agreed what a thrill it would be to have makeovers when we return to the good old U.S. of A. And we decided to ask *Ladies' Home Journal* if you would be interested in helping us." Signed, Kara T. Murray.

Dear Kara: Everyone at *LHJ* thinks you and your friends look terrific in your photo. But of course we'll give you a glamorous makeover when you come home. We can't think of any women who deserve it more. For more from the Gulf, see pages 51 and 229. And let's all pray for the safety of our troops and for peace.

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Actual before and after haircolor photo of Christine D. Gorham, Head of School, Gill St. Bernard's School, Gladstone NJ.

Good Housekeeping

CAN THIS MARRIAGE BE SAVED?

"MY STEPCHILDREN ARE RUINING OUR MARRIAGE"

Rona expected problems with Patrick's daughters but assumed she could handle them. Can a marriage survive when the children seem bent on ripping it apart?

By Margery D. Rosen

RONA'S TURN "I try so hard to be a good stepmother, but I always feel like a failure," said Rona, thirty-eight, as she slowly twisted the strap of her shoulder bag. "The girls are at best distant; we fight all the time, and I'm afraid I'm losing Patrick, too.

"I grew up in a rural community in Pennsylvania. My father was a fireman; my mother was a homemaker, but ever since I can remember she was very sick. She had a stroke when I was twelve and was totally disabled after that. I took on all the household chores.

"My father was very strict. Though he never hit us, my sisters and I were absolutely terrified of his temper. I was a lonely kid, and most of the time I felt angry and thought all I wanted was to get out of there. I had to pay for college myself, so I worked during summers and vacations to save money. I also won a few scholarships, which of course helped.

"One of my jobs had been with a large marketing company, and when I graduated from college, they offered me a position in the personnel department. I liked the company, so I stayed, and now I head the department. The company agreed to pay for me to get my master's in management training. Patrick was in the same program.

"Ours was a two-year program; you go one weekend a month, plus two full weeks spliced in there somewhere. It was pretty intense, and we all got very close. I'd had a series of relationships that never worked out—mostly with married men—and I'm not very proud of that. But when I met Patrick, I wasn't thinking marriage; I was very happy being single.

"But slowly the relationship changed; we fell deeply in love and got married two years ago.

"Pat had always told me about his first marriage and his two daughters—Beth, who's now sixteen, and Hilary, twelve. He and his ex-wife, Cheryl, have joint custody. Though Patrick and Cheryl had been divorced five years, the girls were wary of me from the start. That didn't surprise me—but I wasn't prepared for the continued hostility.

"It's hard to know where to begin. *(continued on page 18)*

Introduced thirty-eight years ago, CAN THIS MARRIAGE BE SAVED? is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews and information from the files of Miriam Galper-Cohen, Ph.D., a family therapist in private practice in Glenside, Pennsylvania. The story told here is true, though names and other details have been changed to conceal identities. CAN THIS MARRIAGE BE SAVED? is a registered trademark of Meredith Corporation.

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(continued from page 14) The girls don't treat me with any respect. From what I can determine, they had few rules when they were growing up. Even now, when they're at their mother's house—the girls spend one week at our house, one week at hers—they never make their beds or do any chores. I've always worked and feel it's important for everyone to be a full participant in family life. But they don't even set the table or put their own dishes in the dishwasher.

"The girls don't respect my things, either. They think nothing of borrowing my shampoo or of shuffling through my drawers for a sweater or a piece of jewelry without asking. They just assume it's okay, and though I ask them not to do it, they still do.

"What makes me so angry is that Pat never comes to my defense. He promises he'll speak to the girls, but he never follows through.

"I can tell they think I'm a real bitch. I lose my temper, but sometimes they do very hurtful things. Last month I organized a sweet-sixteen party for Beth. I cooked an enormous amount of food for all her friends—and I didn't even get a simple thank you. And last Mother's Day was probably the saddest day of my life. Neither one even gave me a card or said Happy Mother's Day.

"Pat lets his kids do whatever they want. Oh, he'll tell Beth she has an eleven o'clock curfew, but if she waltzes in at midnight, he leaves it to me to punish her.

"This past year has been particularly bad with Beth. She recently announced that she wants to live with her mother full-time—she hates switching houses. Pat doesn't know whether to let her go, and we're all fighting about it constantly.

"But most of the time, Pat is in a state of blissful oblivion about all this. We talk about what the rules should be concerning homework or having boys over and agree on something, and then Pat just doesn't follow through. He tells me yes, but he really means no.

"And as I said, I'm afraid that soon I won't even have a marriage. Oh, our sex life is fine, but I just feel Pat isn't there for me anymore. I try to discuss problems at work, but he doesn't listen. He cuts the conversation short by saying, 'Rona, you can do this and you can do this.'

"I love these girls, but sometimes I feel that maybe I don't love them enough. I resent so much the fact that I do all those things a mother does yet they still don't feel close to me. I don't want children of my own, and I know Pat doesn't want to start over either, so that's not the issue. Having a close relationship with my stepdaughters means the world to me. Why can't I do anything right?"

PATRICK'S TURN "Why is everyone on my case?" asked Pat, forty-nine, a lanky, bearded man with bright-red hair. "I know it's not easy for Rona, but to tell you the truth, I don't see what all the fuss is about. Beth and Hilary are good kids. Okay, so maybe if we're going by Emily Post's book of etiquette, my daughters should ask permission to borrow a sweater. But, hey, that's what teenage girls do. They rummage through their parents' closets. I don't mind; what's mine is my kids', too.

"Look, I raised my kids a certain way. Maybe my ex-wife and I were too laid-back, I don't know. I think Rona is too strict and expects too much. Right now, the girls are very upset. From their point of view, the rules are changing in the middle of the game. Rona also makes a big deal about presents and cards. I know she's upset about last Mother's Day and birthdays and such, but I just can't get worked up about things like that.

"Rona talks a lot about what the girls should do to change. Well, I think she should make some changes, too. I want Rona to be more tolerant. I want her to share the responsibility of discipline with me. If the girls take stuff she doesn't want them to take, then she should tell them right away, and not expect me to handle it for her later.

"Rona's right, though: I do say I'll talk to them and then I don't. I guess I just don't want any trouble. I want us all to be happy.

"You know, I was so unhappy growing up, I wanted life for my kids to be different. I grew up the oldest of four in a middle-class suburb of Boston. My dad was a manager in a steamship company. He was very cold and unaffectionate. I knew he wanted me to excel academically and become a model child, and I did. He went to work, came home, had dinner and read his newspaper. I desperately wanted to know him, but I never knew him at all.

"My mother was an alcoholic. I'd come home from school and find her still in bed. I tried to take care of her, but she just got worse, and when I was in high school, she died of a heart attack.

"I started dating my first wife in high school, went to college nearby, got a degree in marketing, got married and had two kids. Pretty standard stuff. But after fifteen years, we had grown apart.

"After the divorce, Cheryl and I did everything to make our daughters' lives as stable as possible. I had hoped the week-to-week arrangement would work; I'm very upset that Beth wants to move out.

"Rona and I used to have an extraordinary relationship. How can she say I'm not there for her? Has she told you that when she gets upset she won't talk to me for days? She plays the silent martyr. I ask what's wrong, and she says, 'I don't know.' That's why I walk away. I tell myself, 'If and when she figures it out, she'll tell me.'

"I love Rona very much. She's tremendously capable, and her new boss does expect a lot of her. So when she comes home all agitated, I help her figure out exactly how she can manage her time—after all, I make my living as a strategic planner! Why, when I'm trying to help her, does she see me as uncaring?"

"Most of the time, Pat is in a state of blissful oblivion about all this," said Rona.

THE COUNSELOR'S TURN "The problems Rona and Pat were having are typical of stepfamilies. While they also needed help dealing with such marital issues as communication and lack of intimacy, Rona's problems with her stepdaughters proved so divisive that it was vital to tackle those first.

"Rona's childhood in a home devoid of love, warmth and emotional closeness did not prepare her well for her new role. She grew up feeling alone, unloved and insecure—but with a steely determination to make her own way in life.

"However, underneath that strong exterior there was still a frightened little girl who yearned to be loved. Her history of affairs with married men reflected her lack of self-worth; she didn't feel she *(continued)*

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(continued) deserved to have a full, rich relationship of her own.

"When I first met him, Patrick was sad and confused. He had no idea how to handle the conflicts between his wife and his children, and after some feeble attempts and many broken promises, he chose not to deal with the problems at all.

Like his wife, Patrick grew up in an emotionally empty household. With no one to talk to, this quiet, sensitive little boy would simply retreat to his room. Patrick learned to turn inward and deny his emotions; he was totally divorced from his feelings.

"Interestingly, Patrick unconsciously became the same kind of absentee parent to his daughters that his own parents had been to him. He and his first wife had a laissez-faire attitude toward disciplining children, which proved to be a serious obstacle in his marriage to Rona.

"The problems began when Patrick started to date Rona and escalated when they married. I explained that when children reach their teens, many stepfamily problems, es-

herself and feeling guilty for something that is a fact of life. I also told her that she should not expect to change her stepdaughters' behavior. That was the job of the biological parent.

"Then I turned to Patrick. 'You are pivotal,' I told him firmly. 'You need to take charge of the household. You can do that first, by supporting Rona, and second, by being a better father to your daughters.' In both areas, that meant recognizing that others had needs, promising to meet them and following through on those promises.

"The first thing Patrick had to do was set down rules and enforce them. I told him that it was *his* job to discipline his daughters, not Rona's. Any stepparent who disciplines a stepchild without a long history with them is doomed to failure. If Hilary doesn't do her homework, Patrick, not Rona, must say something to her. If Beth misses curfew, Patrick must speak up. However, if Hilary refuses to help Rona clean up the dishes after dinner, it's Rona's responsibility to make her feelings

of honoring Beth's wishes. Finally, Rona and Pat decided it would be best for everyone not to fight her desire to move out. At the end of the school year, Beth will move in with her mother; Hilary will stay with Rona and Pat.

"It was time, then, to focus on the marriage. Rona and Pat wanted a more intimate relationship but were at a loss as to how to build one. This was a couple that didn't know how to have fun together. So, though it may sound silly, we tried scheduling some fun. Pat and Rona took turns planning evenings out, finding a restaurant or getting tickets for a show. They've started to make friends as a couple and to travel.

"On a deeper level, however, Pat and Rona had to learn to let each other know what was going on in their hearts. This was difficult for both of them, for different reasons.

"When Rona was upset, she'd refuse to talk. I suggested that Pat follow her and insist she tell him what was bothering her. In time, Rona stopped walking away. Or, if she felt she needed some space, she learned

"To tell the truth, I don't see what all the fuss is about," said Pat.

enormous ace involving joint custo- friends—and I dia e are very conple thank you. And last Mo: they Day was probably the saddest day o my life. Neither one even gave me a card or said Happy Mother's Day.

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"And as I said, I'm afraid that soon I won't even have a marriage. Oh, our sex life is fine, but I just feel Pat isn't there for me anymore. I try to discuss problems at work, but he doesn't listen. He cuts the conversation short by saying, 'Rona, you can

known. She could say, 'I don't like it when I ask you to do something and you don't do it.' The first situation involves discipline in general; the second relates directly to Rona and Hilary's relationship.

"Many stepfamily problems simply take time to work out, but at the very least, Patrick had to ensure that the girls would treat Rona with respect. He also had to tell the girls that if they wanted to borrow something, all they had to do was ask—out that asking was very important. And they were required to pitch in with housework.

"I told Rona that some of her problems with her stepdaughters would ease if she could learn to be more flexible. She had lived alone for many years, and she was not used to compromising. When Hilary used her shampoo or borrowed a sweater, Rona had to try not to feel threatened.

"Patrick made it clear to the girls how important it was to Rona that they ask before borrowing or borrowing, and once they started to help clean up their rooms and help with the dishes, Rona's anger subsided—and did the family fights and tears.

"Then, in meetings with Pat and Rona, we discussed the pros and cons

to say, 'I need time to pull myself together; I'll be back in half an hour.' By working together, a disappointment or hurt was settled in a matter of hours instead of dragging on for a week.

"I also tried to help Pat learn to listen when Rona was upset instead of leaping in with a solution. Like many men, Pat was oriented toward solving problems, and he saw her many comments about work as mere complaining.

" 'Rona doesn't need help in solving her problem, at least not now,' I told Pat. 'Right now, she needs nurturing and reassurance.' And in one session, when Rona was extremely anxious about work, Pat leaned over, put his arm around her shoulder and said, 'Rona, everything is going to be all right. And you know why? Because I love you, and I'll always be there for you.' No one had ever said anything like that to Rona before. I could see her whole body instantly begin to relax.

"This couple was in counseling for two years. They worked hard, and they've learned it takes a long time to forge new bonds as a family. And they have far exceeded my—as well as their own—expectations." ■

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FROM HELL TO HEALING

You may find the story of my parents' abuse hard to believe—but it is all true. I can never forget the horror, but I am recovering.

By Helen Miller*, as told to Karen Surman Paley

As a biochemist and scientist at a Harvard-affiliated research institute, I study how microorganisms adapt themselves to harsh environments. It's a survival process I'm all too familiar with; in fact, it's a process I had to go through myself.

I was born in the Midwest thirty-four years ago, the only child of a mother and father who abused me physically, sexually and emotionally. It's a miracle that I somehow found the inner strength to endure their cruelty.

The things my parents did to me are unspeakable—yet I must continue to speak of them, painful as it often is for others to hear. People don't want to believe that such horrifying abuse goes on, but it does—and we must acknowledge that fact if we are ever going to help. I'm slowly coming to terms with my nightmarish childhood in order to help heal myself and other victims.

Our home was never a very welcoming one when I was growing up, and my parents didn't have many friends. My mother, a housewife, had rheumatic heart disease, which triggered a number of medical crises ranging from heart attacks to strokes. My father, a powerful businessman, sometimes appeared in public wearing a Nazi medal, and for the most part, our neighbors avoided him.

Although Helen Miller told her teachers—and the local priest—about her suffering at the hands of her parents, no one would do anything to help

But even the people who thought there was something odd about my folks could not have imagined what they did to me. My earliest memory is of being in a crib and crawling away from lit cigarettes that were burning me. My parents took turns doing it; when I tried to escape, they pulled me back.

One day, when I was about four, my father coaxed me into the basement, where I found him torturing my beloved pet rabbit with a nail. When he tried to make me do it, too, I refused, dropping the nail. Before I could even think of running away, he grabbed me, threw me to the floor and raped me.

My father molested me many times throughout my childhood, and my mother never once stopped him. I was terrified, but there wasn't anything I could do about it—he was so much bigger than I was. Once he used so much force that he broke my pelvis and tore ligaments in my groin. My parents kept me home from school until the injuries healed. To this day, I walk with a limp.

The one pediatrician they did find for me was willing to cover up their abuse. I know this because I now have copies of my medical records. He omitted evidence, falsified diagnoses and incorrectly prescribed heavy sedatives for me.

Once, when I was covered with bruises, he sent my parents from the examining room and asked me how I had gotten them. I truthfully answered, "Daddy beats me." He stared at me strangely, then stepped toward me as though he were going to hit me himself. I quickly said, "Well, I was riding a bike." The doctor *(continued on page 25)*

*Name has been changed.

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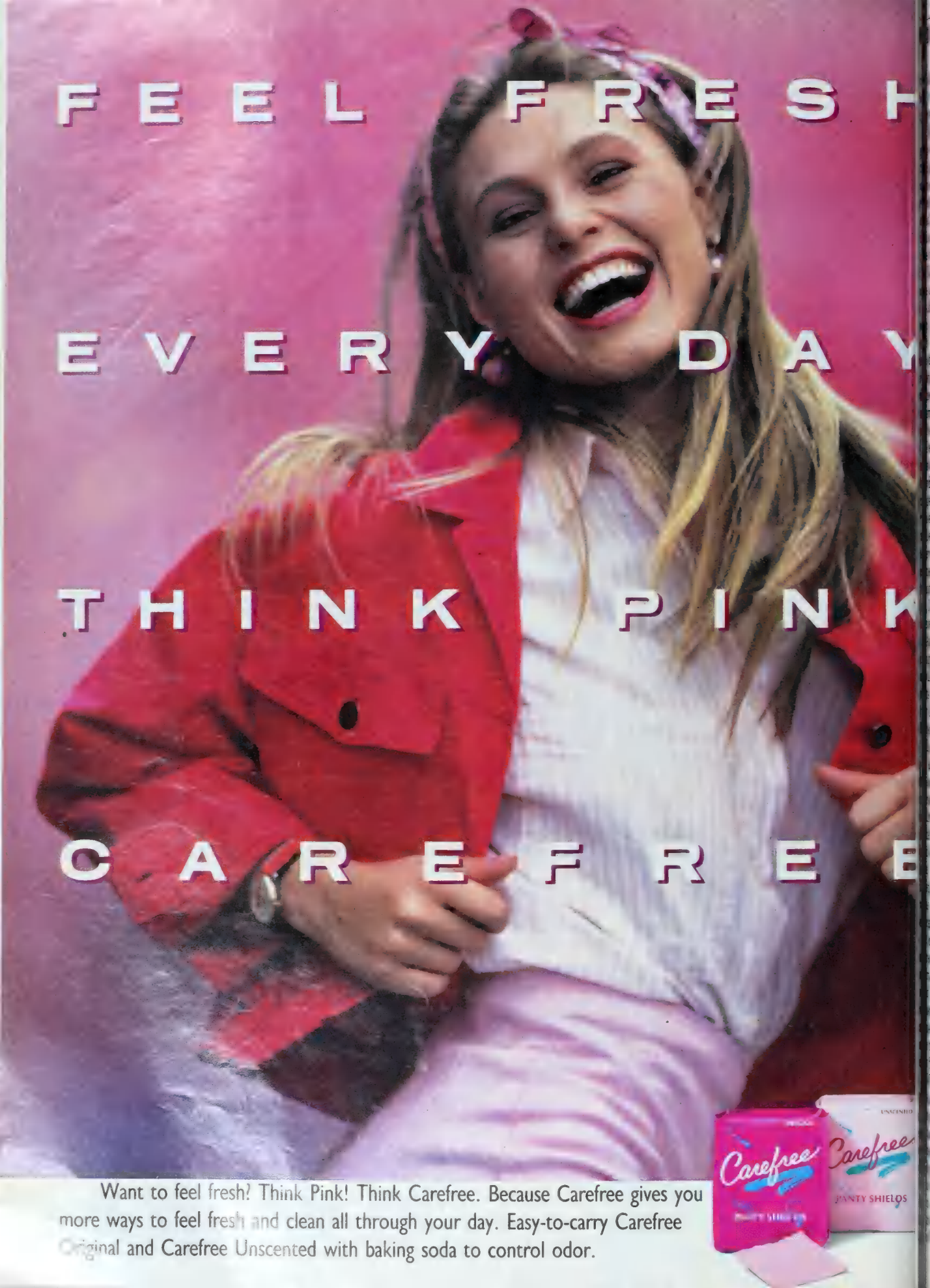

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A WOMAN TODAY
continued

ded, called my parents back into room and told them I had hurt self while riding.

omewhere along the line, around nine, I realized that not all adults sed their children, and I began to der if I could reach out for help—a ty amazing idea for a child who never been loved. But when I d, no one cared or offered to help in any way.

one of my teachers at school gave any support, even though the signs buse were clear: I often had ugly strangulation marks on my neck, I drew violent pictures of many-ded monsters attacking small chil-n. (Not long ago, I learned that my ol's guidance department had ned my teachers not to get in-ed in my problems.)

even approached a priest in a con-ional. I can still remember the ds I used: "Daddy puts the funny er in my mouth and it hurts." The st came out of the booth, angrily ed me back to the pews and left me e. I thought that what had hap-ed to me was so bad, not even God ted to hear it. From that moment I felt cast out from the church—the e I had hoped could help me.

t one point, I thought about run-g away from home, but I knew I ldn't get very far before my par-s would come after me—and proba-kill me. Besides, I was so young; re would I go?

spite of the trauma, I found ways keep my spirit alive. Like many sed children, I developed multiple onalities in order to compartmen-e the dangerous knowledge of t was happening to me. When I dn't accept the fact that my father actually strangling me, one of my tities would imagine that his belt alive and wrapping around my of its own will.

ne part of me was older and nur-d the younger, confused second . The third part was very angry hurt and usually didn't appear n the other two were around. I still rience multiple-personality disor-today, because my identities aren't fully integrated.

hen I was twelve, my mother died; s relieved to be free of her medical plaints, but I also feared that my er would become more violent. His nts then came to live with us. y never said a word when they saw my father made me sleep with every night—not even when I be-e pregnant. My father and grand-her just took me to have an abor-tion, which at that time was illegal.

A year later, at thirteen, I was pregnant again, but this time I miscarried, probably because of all the scar tissue left from the illegal abortion. An obstetrical nurse recently told me that the damage to my reproductive system is so severe that I may never be able to bear a child. I resent my father for many things, but most of all for robbing me of this choice.

At fourteen, I had just about given up hope of ever escaping, when my father remarried; from then on, the abuse became less intense. I think my stepmother knew there was some abnormal link between my father and me, but she wasn't willing to look into it. Instead, she took her anger about the suspected incest out on me.

When I was eighteen, I went away to an excellent Midwestern college. It was fantastic being away from my abusive home, and I never went back again; during the summers, I worked as a lab technician.

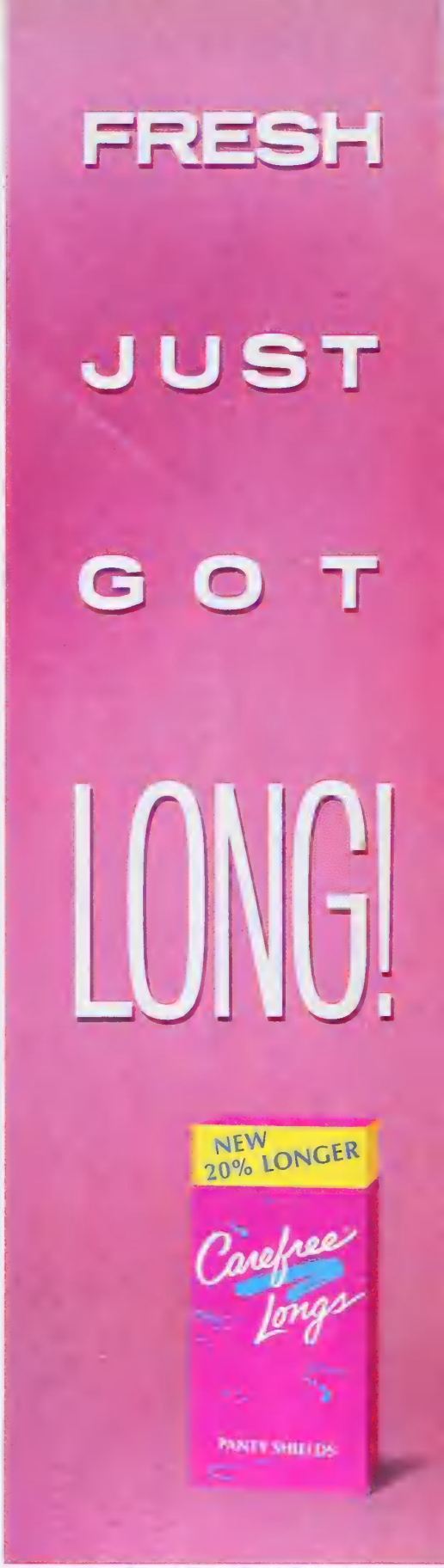
I studied science because that had always interested me; I liked learning about living things, and working on solo projects gave me the isolation I needed. I graduated Phi Beta Kappa in 1978 and was named the outstanding biochemistry undergraduate.

After graduation, I married an engineer I had met at school, then attended graduate school at Harvard on a stipend and earned my Ph.D. in biochemistry in 1984. I did postdoctoral work in carbohydrate synthesis at M.I.T. and went on to run my own laboratory as a visiting staff scientist at a Harvard-affiliated institute.

But leaving home and becoming so outwardly successful didn't solve my problems. While in college, I had managed to repress most of my trauma, remembering it only in vague images. I knew my childhood had been unhappy, and I suspected that I had been hurt very badly, but no specific incidents came to mind. Then, when I was in graduate school, the memories gradually began coming back in a confusing way.

At first, I couldn't figure out what was happening. I began to feel more and more unhappy. I had nightmares that didn't seem to relate to anything in my present life; I couldn't remember the dreams, but I would wake from them with a feeling of suffocation and a sense of imminent threat to my life.

My marriage began to suffer, because my husband felt that I wasn't there for him emotionally—and he was right. In 1983, he told me, "I'm going to get counseling, and you can decide whether or not you'd like to come with me." I went out of loyalty to him, although I dreaded the *(continued)*



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thought of the process itself.

We had both individual and joint sessions with the therapist, but it took me a year to start disclosing details about my childhood to either of them. Finally, in September of 1984, I told them that I had been forced to sleep with my father—a fact I had always known but up till then had been afraid to verbalize. It was a painful admission, but from there, I slowly began to open up. To my relief, they were both very supportive.

In 1986, my husband participated in a workshop that Ellen Bass, an expert on incest, was giving for partners of incest survivors, and he encouraged me to attend one myself. That summer I went to a women's retreat in Massachusetts, and it was there I started to suspect that what had happened to me was far more terrible than I had first believed.

From then on, more memories began to come back. I would be working in the lab and suddenly have a flashback of being raped or abused by my father, and I would actually feel physical pain—so intense that I sometimes had to take time off from work.

This was the most difficult year of my recovery. I was reliving devastating events, and because I hadn't yet established a support system, I felt alone and unprepared to deal with the memories. As time went by, I remembered still more horrendous incidents, but it was easier by then, because I had the support of other survivors. I came to realize that what had happened to me was not my fault, nor was it a statement about who I was.

After years of treatment, I made the important decision to confront my father in person. Although this is not a necessary part of the healing process, I felt it would be an empowering experience. So in the spring of 1988, in the presence of my husband, a friend and my therapist, my father and I met each other for the first time since I had left for college.

I brought some items that were similar to the ones my father had used to abuse me, and I told him what each one symbolized: "This represents the knife you cut me with. These represent the crayons and cigarettes you used to rape me." My husband told my father that he just wanted him out of our lives.

My father mostly feigned helplessness and ignorance—but I didn't believe him. This is a man who tears living things apart with his bare hands! He denied most of the ac tions, but he did say that makin sleep with him after my mother was good for me. (He later sent letter saying that he had mad sleep with him for *his* comfort.) that day, I got a restraining ord him to keep him from trying t proach me or hurt me ever again I haven't seen him since.

The confrontation was a big tu point in my recovery. I felt triump because I had dared to say wh had done to me—out loud and in of him. What I had believed all was true—he really *was* a mons felt as though water was cra through barriers, cleansing me.

I haven't stopped speaking out s I told my story on a local TV s *Chronicle,* and was interviewed as of an article on child abuse in the *ton Globe.* I appeared on the *Jessy Raphael* show, not to revea own story, but as an activist ta about doctors who don't report cases of child abuse they see.

In 1988, I joined the National Rights Alliance (NCRA), which i by survivors of child abuse. NCR ganizes child-abuse education g in schools, group homes and w ever else might be needed to children and young-adult surv

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civilisation is brushed aside, beauty is found.

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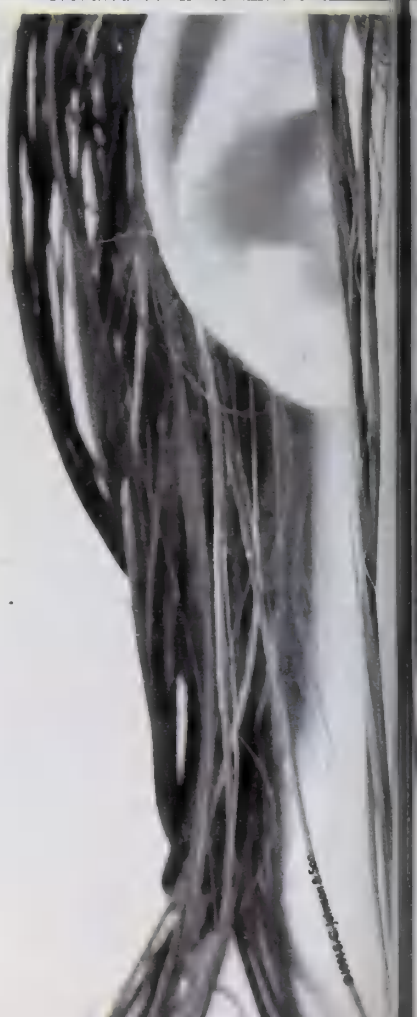

with the issues surrounding abuse.

)RA members bring the facts of abuse before the public by holdrallies or attending legislative ings. We advocate sanctuary for ed children based on their re- ts for safety, rather than on a e's ruling. We propose the estabnent of a series of centers where ivors could attend school, receive raining and find a supportive, e environment away from r abusers.

it stands now, federal mandates ire federally funded runaway ers to attempt to keep families her, yet research shows that as y as three to seven children are d by their parents or caretakers y day in this country, and about ercent of these children were unhe supervision of social services at time of their deaths. Can you ine a rape victim being forced to with her attacker?

far as my personal recovery is erned, I have less physical discomand fewer nightmares, and I can entrate more on my work. I'm still ing with a therapist, and I have ional massages to ease the pain of lamage to my joints.

husband has always been very understanding, but he still found it difficult to relate to me for a while. He attended workshops for relatives and friends of incest survivors in order to cope with his and my needs. I'm especially pleased that we've been able to maintain our relationship for thirteen years, since I was deprived of love for so long.

People have asked me whether I have been able to summon up any love for my parents after all this time. This question infuriates me—why should the parents' rights always be put above the child's? So I tell them, "I won't ever exonerate them, but I've let go of them and I've made peace with them."

The reason I managed to survive sane and relatively intact is because I could love more than my parents could hate. I loved my rabbit; I loved life. I study living organisms because of my belief in the sacredness of living things. I held on to that throughout all the viciousness. I think it is what ultimately kept me alive.

My past limits me, but it no longer defines me. It was not a death sentence. As part of my therapy, I have been drawing and writing poetry. The trauma, in the words of one of my poems, "flavors my life—not bitter, but strong." ■

The following organizations can provide literature for incest survivors or a list of support groups in your area; when writing, enclose a self-addressed, stamped envelope.

- **Incest Survivors Anonymous, P.O. Box 5613, Long Beach, CA 90805-0613.**

- **Survivors of Incest Anonymous, P.O. Box 21817, Baltimore, MD 21222-6817.**

- **V.O.I.C.E.S. in Action (Victims of Incest Can Emerge Survivors), P.O. Box 148309, Chicago, IL 60614.**

For more information on preventing child abuse, write the National Committee for Prevention of Child Abuse, P.O. Box 2866, Chicago, IL 60690.

SHARE YOUR STORY

The Journal will pay $750 for each article accepted for publication in the "A woman today" column. Manuscripts must be first-person accounts of actual dramatic events and should be 1,500 words, typed and accompanied by a self-addressed, stamped envelope for return of the work. Reply may take up to three months. Send manuscripts to Box WT, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.

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To prove a point, we asked women to play basketball in Easy Spirit Dress Pumps. Not just for a few minutes. But for hours. They played hard. And they played to win! After the first two hours, even we were surprised. What's the secret? There really is a sneaker inside these slender, streamlined, buttery little pumps. The famous Easy Spirit sneaker Suspension System. So come try them on. You'll feel the secret. Not just the cushioning. The contoured last. The stability. The protection from pain! Now we don't recommend you play basketball in them—just find out how wonderful it is to walk in them. Easy Spirit Dress. Now in 4 heel heights. A rainbow of colors. And the right fit! Sizes 4 to 12. In 7 widths. **AAAA** to **EE. WHEEE!**

Easy Spirit Dress

LOOKS LIKE A PUMP, FEELS LIKE A SNEAKER.

What the trendsetters are wearing now ■ The perfect fashion bargain: a white T-shirt ■ A guide to the very best new exercise videos

BEAUTY & FASHION JOURNAL

BIG-CITY CHIC

AMERICANS HAVE A STYLE ALL THEIR OWN, BUT BEAUTY AND FASHION TRENDS VARY DEPENDING ON WHERE YOU LIVE. WE ASKED TOP NEWSPAPER FASHION EDITORS FROM L.A. TO MIAMI FOR THE SCOOP ON WHAT'S HOT

Washington, D.C.

SOURCE: CATHY HORYN, FASHION EDITOR, THE WASHINGTON POST

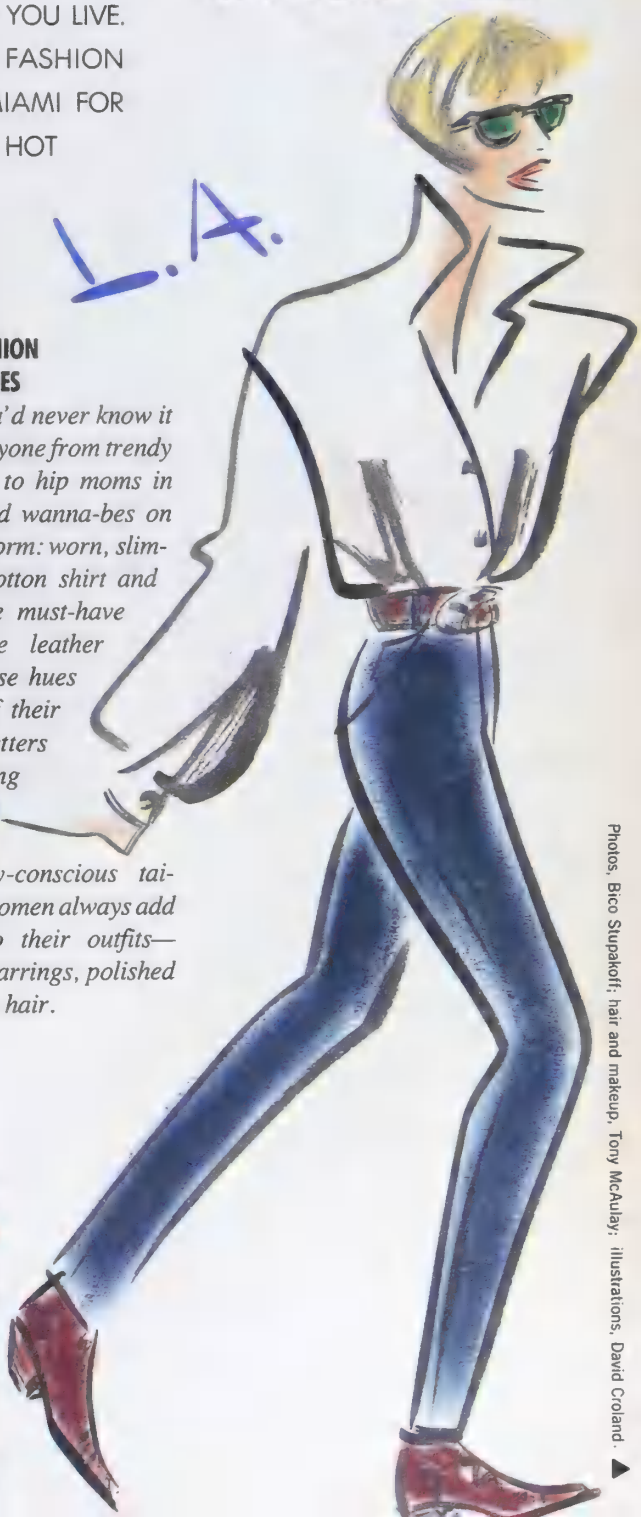
The Capital isn't as conservative as most people think, but women here prefer not to be too noticeable. They go for **updated classics** like **above-the-knee skirts** (seen mostly on K Street, the main drag in D.C.'s business district). Many opt for suits, but not men's styles—the current looks are soft, draped skirts and loosely tailored matching jackets. The palette of choice is **neutrals**—beige, taupe, gray, navy and black . . . . For out-on-the-town dazzle? A **short, sequined mini** under a tailored jacket.

Suit, Anne Klein II; tank, Nicole Farhi; pumps, Stuart Weitzman; belt and bag, Jill Stuart; jewelry, Karl Lagerfeld Bijoux; hose, Hanes.

L.A.

SOURCE: MARY ROURKE, FASHION EDITOR, THE LOS ANGELES TIMES

It's the glitzy town, but you'd never know it by the way they dress. Everyone from trendy teens on Melrose Avenue to hip moms in Santa Monica to stars and wanna-bes on Rodeo Drive wear this uniform: worn, slim-cut jeans, a big, white cotton shirt and **cowboy boots**. *The must-have accessory? An expensive leather belt . . . . Though hothouse hues have always been part of their wardrobe, lately style-setters are buying up anything that's* **tight, narrow and black,** *such as skinny leggings with body-conscious tailored jackets . . . . L.A. women always add a* **feminine** *touch to their outfits—whether it's elegant drop earrings, polished nails or perfectly groomed hair.*



Photos, Bico Stupakoff; hair and makeup, Tony McAulay; illustrations, David Croland.

BEAUTY & FASHION JOURNAL

Denver

SOURCE: SHELLEY GONZALES, FASHION EDITOR, THE ROCKY MOUNTAIN NEWS

It's no surprise that style-conscious natives of the Rocky Mountains spend their money on **chic outerwear** *like parkas and anoraks in rich spice shades and earth tones . . . . Other basics include* **sweaters** *in natural shades of olive, rust, taupe and mustard, and ever-popular* **denim** *—jeans, work shirts, jean jackets. In fact,* **jackets** *are* the *splurge item. Everyone has a collection of bombers, baseball jackets and blazers . . . . But Denver women do have an elegant side. Their favorite accessory: a* **small Chanel bag**— *knockoffs or the real thing. The tube style is hottest, trendiest when worn two at a time.*

Dallas

SOURCE: LENNOX SAMUELS, ASSISTANT MANAGING EDITOR/LIFESTYLES, THE DALLAS MORNING NEWS

A show-off blond mane *is the Dallas woman's trademark. Hair color is a priority around here, and* everyone *wants to be blonder. . . . Make-up is just as flashy, with the emphasis on* **dramatic eyes**. *Think Brigitte Bardot: heavy on the eyeliner and shaded with not-shy blues, greens and rich violets . . . . These modern Southern belles are* **crazy about color** *for clothing, too. Eye-catching shades of turquoise, fuchsia and yellow are hot . . . .* **Fragrance** *is all-important. What are their faves? Giorgio Beverly Hills, Chanel No. 5 and Elizabeth Taylor's Passion.*

Miami

SOURCE: ELINOR J. BRECHER, FASHION REPORTER, THE MIAMI HERALD

Big hair is the Miami woman's best asset. Those who don't have a naturally thick mane cheat with hair extensions, and trendsetters dress up their tresses by day with **jeweled hairbands** . . . . The office-smart look is **shortsuits**—tailored walking shorts and a matching jacket—in black or white . . . . The **Latin** influence is everywhere—from hot-colored clothing to lace to piles of chunky fake jewels.

Suit and tank, Kenar; shoes, Charles Jourdan; hose, Calvin Klein; bag, Luc Benoit; bracelet and earrings, Karl Lagerfeld Bijoux; hairband, Wendy Gell.

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The only sunless tanning crème that comes in two shades—one for fair skin and one for medium to dark skin. Its natural, moisturizing ingredients give you a healthy-looking sunless St. Tropez tan, anytime of the year.

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HOW TO WEAR THE LATEST STYLES

SOME TRENDY STYLES LOOK SILLY, BUT THIS YEAR TWO MAKE THE GRADE: SHORT SKIRTS AND LEGGINGS. HERE'S HOW TO MAKE THEM WORK FOR YOU

SHORT SKIRTS

Got great legs? Try a nineteen-inch skirt—easiest to wear in a casual knit tube style

A twenty-one-inch skirt is chicly short but easy to wear

A pleated mini is trendiest. Wearing hose toned to skirt color (sheer or opaque) will make you feel less bare

MODELS ALWAYS WEAR STYLES TO THE EXTREME. IT'S BEST TO BORROW A FEW IDEAS AND ADAPT THEM TO SUIT YOU

THE SKINNY ON MINIS

Short skirts don't have to be thigh-high, and if you've never tried one, you may be surprised at how flattering an above-the-knee skirt can be. ● Skirts on the short side range from seventeen inches to twenty-three inches. Most women are buying twenty-one-inch lengths—short enough to look updated but classic. ● A twenty-three-inch skirt just grazes the knees; it isn't a true short skirt, but it may be for you if you're used to conservative, knee-covering styles. ● The best way to ease into short skirts is to go a little bit shorter than your usual length. You may want to shorten a skirt you already own to test the look before buying. If you decide to hem something in *(continued)*

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COLOGNE FOR WOMEN

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COME PLAY IN ASPEN

(continued) your closet, select a slim straight skirt that's easy to take up. Avoid A-lines, dirndls and wraps—they don't look right in a short length and are difficult and expensive to tailor. ● Wearing a long jacket or tunic over a short skirt is a chic solution to hiding problem hips, tummy and derriere. A bright or light jacket boosts upper-body proportions to balance a leggy look. ● What type of short skirt is for you? A softly draped style offers tummy camouflage. Pleated minis work best on a slim, toned body and look most appealing with flats or low, chunky heels.

LEGGINGS

Most women feel less exposed in tight leggings when they wear a long jacket—either a big, easy oversize blazer or a shapely body-contoured jacket—or a roomy sweater

If you'd like your leggings to be cling-free, opt for stirrups. The strap stretches the fabric away from your leg. Best in black

Outrageous Pucci prints are the runway rage, but too wild for some. We think these sixties-inspired daisies are more wearable, just as much fun

LEGGINGS: THE NINETIES ALTERNATIVE TO TROUSERS

Although leggings aren't brand-new, they are now in every designer's collection and every mail-order catalog—a trend that's here to stay! ● What most women don't realize is that leggings aren't just for lounging in on the weekends—they can go to work or out on the town, as long as you wear them the right way. ● Leggings are available in a variety of lengths from knee to ankle. Go for ankle-length or just above for the most flattering, leggiest look. ● Buy matte, opaque versions, not the shiny health-club kind. A Lycra-cotton blend gives comfort and fit, no bagging at knees, waist, derriere. Try on before buying. ● Wear panties with a waistband that sits on your natural waist instead of your hips to avoid show-through lines. ● Give your black leggings a catsuit look by pairing them with a black, snug-fitting top under a V-neck jacket. ● Wear flats—shoe boots, loafers, ballerina flats, sandals and mules are all perfect to complete the look.

I've got a support group that really helps me out...

It's called "family!" (Thanks!)

You're breaking a habit that's pretty tough!

But you're tougher!

We can't choose the people we work with, but sometimes we get lucky and wind up working with someone special...

...the way I did with you.

People say one person can't make a difference in the world. But I know that isn't true...

...because I've seen the difference you make in the lives of those around you.

Feelings just don't seem to keep for future use. So isn't it nice that they can go straight from you to someone who gets to feel them, too? It all starts with a Just How I Feel card. (And they're just at Hallmark.)

Just how I feel

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When you care enough to send the very best

LHJ RATES THE NEW EXERCISE VIDEOS

For our annual video review, we look at what's new. The best tapes on the market aren't simply an aerobics class. These picks focus on trouble spots, incorporate weight training and teach super de-stressing techniques.

JANE FONDA'S LEAN ROUTINE

40 minutes, $29.95

The newest of Jane's twelve exercise videos, the Lean Routine is divided into three twenty-minute segments, so beginners can stop at twenty minutes while advanced exercisers can do the whole hour. But don't think low-impact means easy: This routine is very dance-oriented and will get you *moving*. In addition to the workout, Jane offers nutrition advice and reveals some of her diet secrets. Note: This routine involves a lot of moving back and forth, so you'll need plenty of room.

JANE FONDA'S LIGHT AEROBICS AND STRESS-REDUCTION PROGRAM

55 minutes, $29.95

A fairly easy aerobic session designed to burn fat, increase flexibility and promote relaxation. The music is good, and Jane is easy to follow. This workout is for all levels, but an advanced exerciser may find it too simple.

The workout is divided into three sections—twenty minutes of easy-to-do aerobics, twenty minutes of full-body stretches and a relaxing fifteen-minute stress-reducing cool-down.

THE FIRM AEROBIC WORKOUT WITH WEIGHTS Volume 3

63 minutes, $49.95

Our favorite of the lot. If you have the time, energy and determination, this is guaranteed to be the best video workout you've ever done. It's very long and quite intense—not recommended for beginners. You'll need a set of inexpensive weights (available at sporting-goods stores).

This volume of the four Firm videos uses the new step-up box—a stool that's the ultimate thigh, hip and buttocks reducer. (If you don't have something suitable, you can order a step-up box by calling 800-THE-FIRM—$26.95 plus $7 for postage and handling.) There is also a weight-lifting segment that works on muscle tone.

After the workout is a forty-two-minute, twenty-question informational section about fitness.

THE FIRM AEROBIC WORKOUT WITH WEIGHTS Volume 4

42 minutes, $44.95

Very similar to Volume 3 but better for beginners and intermediates, since it's shorter and less strenuous. You'll need the step-up box and weights for this one, too. The workout involves a lot of marching and pumping, but the music is great.

DENISE AUSTIN'S STRETCH & FLEX

30 minutes, $19.95

A terrific stress-buster that will get you limber at the same time. You'll learn stretches for every part of your body while listening to calming New Age music (lots of wave-crashing sounds). This is not a fat-burning routine, but it is perfect to reduce tension after a long day.

SPORTS ILLUSTRATED SUPER SHAPE-UP PROGRAM/ STRETCH AND STRENGTHEN WITH ELLE MACPHERSON

50 minutes, $19.95

This workout focuses on achieving flexibility and improving your balance and posture. It's based on resistance-stretching exercises and includes a sequence of yoga-inspired positions and breathing techniques.

The pace is fairly slow, making it ideal for beginners who want to ease into an exercise program.

KATHY SMITH'S ULTIMATE STOMACH & THIGHS WORKOUT

85 minutes, $19.95

If you're like most women, your tummy, thighs and buttocks need the most help. This video zones in on these three problem areas, and is divided into two sections: one concentrates on the abdominals, the other on thighs and buttocks. So you can work on your abs one day, thighs and rear the next. After each section is a challenge set of exercises. Not for beginners, but an advanced exerciser will enjoy them.

You can order through "The Complete Guide to Exercise Videos." For a free copy, call 800-433-6769.

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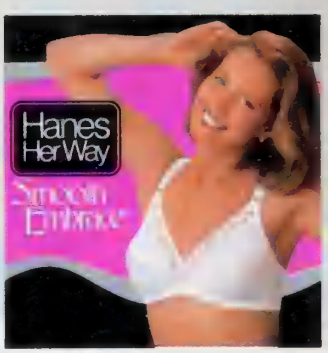

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"Fleeting Encounter"
by Charles Fracé
Rimmed in 22-karat gold
Shown smaller than actual
diameter of 8½ inches
©1991 W. S. George

A breathtaking glimpse of the majestic snow leopard . . . a Bradford Exchange recommendation

ensing an intruder in his domain, the snow leopard auses briefly, eyes gleaming amber-yellow through the ow. This is "Fleeting Encounter," a fine-china collec-r's plate created by the world renowned wildlife artist harles Fracé. "Fleeting Encounter" is available now – nd it looks like a smart buy. Here's why Bradford commends it:

"Fleeting Encounter" is an important first issue, the first ate in the World's Most Magnificent Cats collection om W. S. George Fine China in affiliation with the adford Exchange.

It's an important work of art, created from an origi-al work by artist Charles Fracé, an international star in e wildlife-art market. Attesting to its importance, each ate will be hand-numbered and accompanied by a ertificate of Authenticity.

It has the potential to appreciate in value. The edition "Fleeting Encounter" is limited to a maximum of 150 ing days. Once the edition closes, collectors' demand uld exceed the supply of plates and force asking prices o dramatically.

e Bradford Exchange—picking winners since 1973. orldwide, limited-edition plates are the *only* llectibles traded on an organized exchange.

And with offices in the United States and nine other countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1978, you would have bought the first issue in the *Gone With the Wind* series, at just $21.50 – a plate that now trades at $250.00.* More recently, if you had acquired "The Everglades," an exceptional landscape plate from W. S. George's *America the Beautiful* series, you would now own a plate valued at over two times its 1990 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "Fleeting Encounter" as one of the year's top prospects. . .and we'll back up your purchase with our unconditional 365-day guarantee.

To acquire "Fleeting Encounter" at its $24.50 issue price – backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Fleeting Encounter" is now – *before* it has a chance to increase in value.

*Reflects last trades on the exchange as reported in the Bradford Exchange Market Report Volume II-12.

91 BGE

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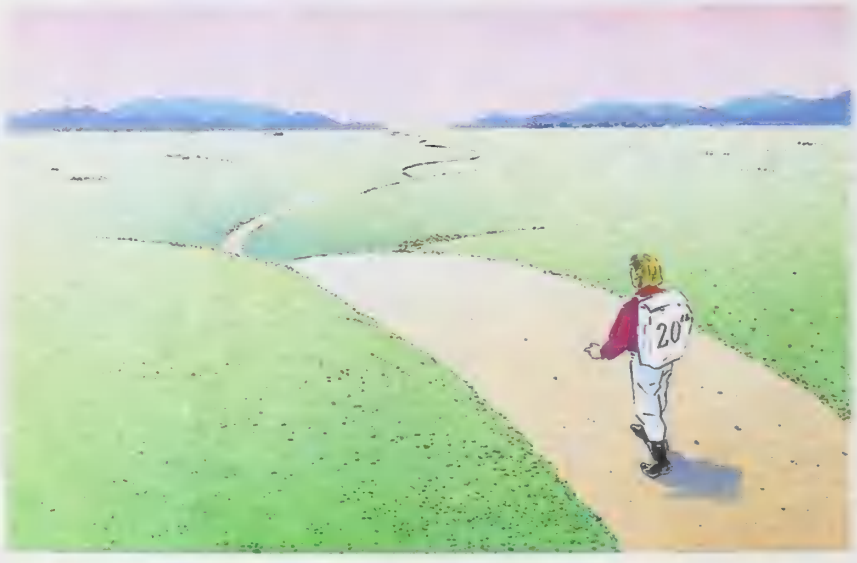
HOW TO SUCCEED ON A DIET EVEN IF YOU NEVER HAVE BEFORE

Have you tried—and failed—to lose weight? Or slimmed down only to find fat creeping back? Don't despair! Recent studies provide fascinating insights to help you guarantee weight-loss success. **By Densie Webb, Ph.D., R.D.**



Esther Krasner*'s latest diet had a promising start. In eight months, Esther, sixty-four, a New York City social worker, shed forty-five of her two hundred pounds on a liquid diet. But then she hit a plateau when she switched back to solid food—even though she was eating less than 1,200 calories a day. "I'm disgusted," she says. "I haven't lost any weight in the last month."

Anna Sommers*, a forty-nine-year-old Philadelphia graphics designer, has a different—and perhaps more difficult—problem: She has been battling the same extra pounds for a decade. Topping out at 170 on her five-six frame, she tried seven weight-loss plans. The last program helped her to lose twenty-five pounds and keep them off for about a year, but then she moved, and the ensuing stress triggered an eating binge. That made her regain the twenty-five—*plus* ten more.

Then there's the very public distress of Oprah Winfrey, who proudly lost sixty-seven pounds two years ago on a liquid diet—and has since put back almost every ounce. Now, she swears, she'll never diet again.

Esther, Anna and Oprah aren't unusual. Like so many others, they've fallen prey to the twin piques of dieters—the discouraging stall in mid-diet, known as the weight plateau, and its frequent companion, a devastating run back up the scale, known as the yo-yo syndrome. Experts say that up to 95 percent of the millions of women who try to slim down each year know the bitter failure of these frustrating phenomena. Why can't we just lose weight and keep it off?

*Names have been changed.

Metabolic myths?

Past studies suggested that dieting somehow alters your metabolism in a diabolical way. According to this research, when the body takes in fewer calories for a prolonged period, it eventually becomes ultraefficient, burning caloric fuel at a slower rate to conserve energy. When that happens, you stop losing, even while remaining on a low-calorie diet.

A discouraging thought indeed. But some new research casts doubt on whether a dieter's metabolism really is so stubborn. A study by William V. Rumpler, Ph.D., a research physiologist, and his colleagues at the U.S. Department of Agriculture Human Nutrition Research Center, in Beltsville, Maryland, measured the metabolism of twenty-eight men on reduced-calorie diets, using a more comprehensive *(continued)*

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More complete.

SUCCEED ON A DIET
continued

method than was used previously.

They found no evidence of any enhanced efficiency. Although the dieters were burning fewer calories each day, the slowdown simply reflected new calorie requirements as the dieters became thinner, according to Paul Moe, Ph.D., a colleague of Rumpler's.

In other words, the smaller you get, the less food you need. If you weigh 200 pounds, for example, you might require 3,000 calories a day to maintain that weight. If you go on a 1,200-calorie-a-day diet, you'll lose rapidly at first, because your body will tap into its own energy stores for the 1,800 extra calories it needs to get through your daily activities. When you trim down to 180 pounds, however, you may need only 2,800 calories a day. If you stay on the 1,200-calorie diet, your body will burn off only 1,600 extra calories. Although you'll probably keep losing, it will be at a gradually decreasing rate—until you plateau.

Some experts say that plateaus seem to occur most notably among repeat dieters—like Esther Krasner. "The first few times around, you can get away with almost anything," says Wayne Callaway, M.D., associate clinical professor of medicine at George Washington University School of Medicine, in Washington, D.C. "Plateaus are more dramatic in people who have dieted twenty times."

How can you bust through these roadblocks? One way—start exercising to burn more calories.

Keeping it off

While it's difficult enough to slim down, for many dieters, like Anna Sommers, it's even harder to keep the weight off. Researchers are now investigating some of the biochemical changes that underlie dieting but haven't found anything of practical value yet. However, certain experts now think a lot of the problem rests with maintenance diets. The recommendations of many programs may be too high in calories. Your new diet must be calculated to keep you stabilized at your target weight.

Moe suggests the problem could be compounded by diet-induced alterations in appetite. "People may undergo a change in perception of how much they're eating as they build up feelings of deprivation," says Moe. "They may be hungrier than ever before."

But how can the poor dieter be expected to adhere to, say, 1,500 calories a day forever? While most of us accept the notion of short-term depriva while the pounds are coming off, find ourselves quite grumpy at thought that we'll have to do witl for a lifetime. The answer again is ercise. "I haven't found any diet gram that can show long-term suc without exercise," says Wayne Miller, Ph.D., director of the wei loss clinic at Indiana University Bloomington. If you keep up your e cise, perhaps you can indulge in s extra treats.

Going for the burn

Increased activity does more than burn off extra calories while you're the move. Once fired up, your b keeps on consuming additional en for several hours.

How much exercise is enou Miller recommends that dieters gage in forty-five minutes of aer exercise—walking, biking, joggir five or six days a week. For a mai nance program, three days will suf (Of course, you should check with doctor before beginning any diet o ercise program.)

Exercise is more than a metal booster. Judith S. Stern, Sc.D., a searcher at the University of Cal nia at Davis, found that when anir are active, they eat less fat than w

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e Surgeon General's Report on Nutrition and Health. U.S. Dept. of Health and Human
vices DHHS (PHS) publication No. 88-50211. Government Printing Office, 1988.
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ey are idle—a significant factor.
Why? Ounce for ounce, fat provides
ore than twice as many calories as
bohydrate and almost twice as
ny as protein. In addition, the body
pends more energy on processing
otein and carbohydrate. In other
rds, you burn up more of what you
t just by eating the right things.
d since fat is bad for other reasons,
u'll want to cut down.

ind over platter

ll it willpower or appetite control,
ur state of mind may exert as much
luence over your diet as metabo-
m, say experts. The price of weight
intenance is constant vigilance,
ys Kelly Brownell, Ph.D., professor
psychology at Yale and co-author of
e Weight Maintenance Survival
ide (American Health Publishing
., 1990). And that can be a difficult
ing for a dieter to learn to accept.
"Not everyone can go directly from
weight to goal weight," says Ronna
abatznick, Ph.D., an Oakland, Cali-
nia, psychological consultant to
eight Watchers International. "Life
tervenes. There are crises, weddings
d vacations," all of which can derail
en the most dedicated.
Other people become depressed at
e first sign of a plateau and drift back into bad eating habits. "They think, What's the use—I'll never get thin anyway," says John Foreyt, Ph.D., director of the Nutrition Research Center at Baylor College of Medicine, in Houston. Similarly, many people let success go to their heads—or stomachs—and begin taking chances with forbidden foods, says Bonnie Taub-Dix, R.D., a nutrition consultant on Long Island, New York.

Foreyt warns of another relapse trap—a hectic lifestyle that encourages on-the-run eating and precludes sit-down meals. Therefore, it's important to plan menus, shop ahead of time and weigh yourself at least twice a week to catch any small gains.

Most of all, the dieter needs ways to cope. You may want to consider individual counseling with a nutritionist or joining a support group. Try to enlist fellow members in new activities that don't revolve around food.

And learn to anticipate stress. Try relaxation techniques, such as yoga or meditation, or even reading. Aerobic exercise helps here, too, by releasing pleasurable brain chemicals called endorphins into your system. "Anytime a person does exercise, it's a symbolic pat on the back," says Brownell. "And that spills over into the ability to adhere to a diet."

Experts say the most important thing is not to give up at the first sign of a setback. That's what turns plateaus into mountains.

And if you cannot reach and maintain your ideal weight, perhaps you should reevaluate your target. Even if you can't get back to the size six you wore in college, you'll be considerably healthier if you lose only 30 to 50 percent of the extra weight and keep it off, says George Bray, M.D., professor of medicine at Louisiana State University, in New Orleans. Ask your doctor how much you really need to lose.

Foreyt believes that the often-quoted dieting failure rate of 90 to 95 percent is exaggerated. "The only statistics reported are for chronic dieters who have failed repeatedly," he says. "A lot of people lose weight and keep it off on their own." But those are the statistics you never see, because those folks don't come to diet clinics for help.

Today, Esther and Anna hope to take their place among the unrecorded winners. Both have started exercising and have seen improved results. You can do the same, too—your chances of success may be much greater than you think. ■

Densie Webb, a registered dietitian, lives in Brooklyn, New York.

MEDINEWS

■ Back-surgery breakthrough ■ A caffeine/s connection ■ Progress against breast canc ■ News about the nation's eating habi

By Sally Squire

SAFER SPINAL SURGERY

A new procedure developed at the University of Florida at Gainesville is making some complex back operations less risky *and* shortening hospital stays. Unlike conventional upper-back surgery—in which doctors open the chest cavity and shift vital organs to reach the spine—lateral parascapular extrapleural (LPE) surgery enables doctors to operate with less risk to the heart and other organs. After making an incision between the shoulder blades, surgeons remove several ribs. According to UF surgeon Richard G. Fessler, patients don't miss these ribs, and removing them gives physicians easy access to the upper spine.

In addition to being less risky than conventional back operations, LPE surgery requires less healing time, thereby shortening the average hospital stay by 20 to 40 percent. LPE surgery has been used to treat disorders such as spinal tumors, infections and disk problems.

SEX, CAFFEINE AND SENIORS

Older people who drink coffee have livelier sex lives than those who don't, say researchers at William Beaumont Hospital, in Royal Oak, Michigan, and th University of Michigan at Ann Arbor. They surve 794 men and women sixty and older and found females who drank at least one cup of coffee daily more likely to be sexually active than those who less or none. Males who did the same were less like be impotent. Researcher Ananias C. Diokno, M speculates that caffeine, a central nervous syst stimulant, may boost sexual activity—or the seniors healthy enough to drink coffee may simply be better able to engage in sex than their frailer peers.

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A BREAST CANCER–INSULIN LINK

Doctors have long known about estrogen-dependent breast tumors, whose growth is stimulated by estrogen. Now a study at the University of California at San Francisco (UCSF) suggests that some tumors may be insulin-dependent—that is, fueled by insulin, the hormone that regulates the body's blood-sugar levels. UCSF researchers studied 182 women—159 of whom had breast cancer. They found that compared with normal cells, breast-cancer cells had nearly seven times the number of insulin "receptors" (places on cells that attract and retain specific substances). Studies have shown a link between obesity and breast cancer, which this research may help explain. Overeating may contribute to tumor growth by boosting insulin production. In obese breast-cancer patients, high insulin levels could allow the disease to progress more rapidly. Researcher Ira Goldfine, M.D., hopes that doctors will soon be able to use insulin-receptor measurements to help determine the best treatment.

HOW WELL ARE WE EATING?

We've all heard that eating fruits and vegetables can keep us healthy, but few of us have taken the advice to heart. According to new research by the National Cancer Institute (NCI), 91 percent of Americans fail to eat enough fruits and vegetables to meet the government's minimum daily recommendations. After analyzing the eating habits of nearly twelve thousand adults aged nineteen to seventy-four, NCI researchers found that only 9 percent ate at least the recommended two servings of fruit or juice and three servings of vegetables per day. High in fiber and low in calories, many fruits and vegetables contain vitamins A and C, which promote good health and reduce the risk of some cancers. (See "Super foods," page 178, for tasty, healthful recipes.)

Cynthia Brown

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Instead of having a fit over remodeling,

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Trying to make your kitchen beautiful can quickly turn ugly. Let's face it, the cost and aggravation of tearing your kitchen apart can test the patience of even the most even-tempered.

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$$$$$$ TAX FACTS

TEN TIPS TO HELP YOU SAVE MONEY

April 15 looms closer, and many of us are dreading it even more than usual. Recent changes in the tax code have closed most loopholes, making it tougher than ever to trim our bills.

But by taking advantage of tax breaks that are still available, you can cut down on the amount you pay to the government this year and next. Here, some deductions that are often overlooked.

● **JOB-HUNTING EXPENSES.** With the deepening recession, more Americans will be out pounding the pavement. But as long as you're looking for a new job in the same field, you can deduct costs for resumé preparation, job counseling and employment agency fees, and the gasoline you use driving to interviews (at twenty-six cents per mile). These costs must exceed 2 percent of your adjusted gross income.

If you have to relocate for a new job, many expenses related to the move are deductible. These include money spent traveling to the new city to find a home, the cost of a mover, penalties on unexpired leases, temporary living expenses and even fees for transporting Fido to your new abode.

● **CHILD-CARE COSTS.** Since 1982, *(continued)*

OUR WOMEN AT WAR

Boom. Ba-boom. The sharp sounds of artillery fire thundered in the background as Navy medical corpsman Krista Walker called her mother, Gloria, in Santa Clara, California, not long ago. "Yes, Mom, I'm pretty near the border," she told Gloria calmly as she spoke into a mobile phone. "The noise you hear is our men returning enemy fire."

As a specialist in emergency and military field medicine, Walker, twenty-one, is as close to the front lines as any servicewoman, and her dedication has earned her the nickname "Desert Angel." She is in a unit that supports the 1st Marine Division, and as such, according to a military intelligence officer, she is "in terrible jeopardy"; that unit, in fact, incurred the first casualties of the ground clash with the Iraqi army.

In the past the military has tried to keep women away from danger zones, but in the age of long-distance missiles like the Scud, that is clearly impossible.

Walker is well aware of the risk. "Mom, if anything happens to me, know that I chose to do this," the young woman told her mother. "If I can save the life of one Marine, then my life was worth it."

Walker is one of thirty thousand American women now on duty in the Persian Gulf; as 6 percent of the troops there taking part in Operation Desert Storm, they are essential to the mission's success. They fly transport and refueling planes, drive trucks loaded with weapons, pilot transport helicopters, work as mechanics on tanks, and stand guard as military police.

Like Walker, Lieutenant Colonel Kelly Hamilton-Barlow, forty, who was deployed to the Gulf in early October, puts her life on the line daily. As one of the most senior among the Air Force's 324 active women pilots, she flies the giant KC-135 Stratotanker. These unarmed refueling planes, which Hamilton-Barlow calls "gas stations in the sky," are prime targets for the enemy.

Since arriving in the Gulf, Hamilton-Barlow has been working eighteen-hour days, and during much of that time she is airborne. "She says things get *(continued)*

Who says they're not in combat? Women guard guns, fly cargo planes—and, like Gina Maskunas-Delaney (far left), load bombs

(continued) chaotic sometimes because there's so much traffic up in the sky," says her stepson, Jeff Hamilton.

Many military women find that loneliness, not fear, is the most difficult part of Gulf duty. Marine Corporal Melanie Hoskins, a native of Farmerville, Louisiana, endured an overseas tour two years ago, when her son, Kyle, was three. But now it's harder. "Last time, we knew she was coming back in six months," says her husband, Scott, himself an ex-Marine. "But this time we just don't know how long she'll be gone."

Hoskins—a technician who repairs the bombing systems on the A-6 Intruder attack plane—had conflicting feelings when her squadron left for the Middle East. She hated to leave her family, but she wanted to go with her fellow soldiers.

Now that she's in the Gulf, Hoskins just hopes she can do what needs to be done—and get back home. She missed Kyle's fifth birthday, but she treasures the drawings that he sends her: birthday cakes and hearts alongside happy faces and sad faces.

The loneliness Kyle's drawings reveal is typical of a number of military kids; Navy Petty Officer Sue Drummond, thirty-eight, of Taylor, Michigan, says her twelve-year-old daughter and thirteen-year-old son worry constantly about both their parents getting killed. (The children's father, from whom Drummond is divorced, is a sailor stationed in the Red Sea.) "For them," Drummond says, "it's like: What if neither of us comes home? They didn't want me to go."

When Krista Walker (near left) said, "Mom, if anything happens to me, know that I chose to do this," she seemed to speak for every soldier

For Airman First Class Gina Maskunas-Delaney, twenty, from Killeen, Texas, taking part in Operation Desert Storm meant being separated from her husband after only five days of marriage. Like her husband, Maskunas-Delaney is a crew chief on the F-117 Stealth fighter-bomber, but unlike him she is serving in Saudi Arabia. Before the war started, she also spent part of her time in a foxhole helping with guard duty, because her base was on heightened alert due to terrorist threats.

Despite all the danger and hardship, these women show a special spunk and spirit. Not too long ago, Maskunas-Delaney was spotted chalking a message on the side of a bomb that was being secured to a Stealth fighter. "We care enough to send the very best," she printed. Then she proudly signed her message: "The U.S."

—ANDREA GROSS, WITH MARK MOONEY IN SAUDI ARABIA

$$$$$$

(continued) working parents have been able to take a tax credit for up to 30 percent of child-care expenses for kids under age thirteen—up to $2,400 in costs for one child or $4,800 for two or more.

What many parents don't know, however, is that expenses for summer day camp also count toward the child-care credit (recent legislation disallowed write-offs for overnight camps). So while the kids spend their days swimming and playing sports, Mom and Dad can take advantage of it on their tax forms.

● **CONSUMER INTEREST.** When filling out your 1990 tax forms, claim the consumer interest deduction of 10 percent of costs—on car and student loans, underpaid or delinquent taxes, installment contracts or credit-card debts. Beginning in 1991, this write-off vanishes altogether. "So restructure your finances to get rid of personal interest," advises Carol Raimondo, a CPA and tax partner in the Torrance, California, office of BDO Seidman, an international accounting firm.

● **SELF-EMPLOYMENT TAX.** Those who own their own businesses or work at home must pay a high percentage of their net business income to the federal government for Medicare and Social Security (the rate is so high because it includes the employer portion of the tax; if you work for someone else, your company pays half). But in 1990, Congress eased this burden: People in these categories can now deduct 50 percent of their self-employment tax when figuring out how much they *(continued on page 56)*

I LOST 25 POUNDS OVER A YEAR AGO AND I HAVEN'T GAINED ANY OF IT BACK."

Cristina Ferrare

gained a lot of weight
th my last baby and
ing it off was a real
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HOW HUMAN

PEOPLE SMILE WHEN THEY'RE HAPPY, FROWN WHEN THEY'RE SAD. DO DOGS?

Yes. And no. A dog's expression and body language is largely determined by how important he feels around other dogs or his owner.

Dogs are very concerned about their 'social rank'. Like humans, they love being a big shot and hate being ignored or reprimanded.

So when a dog looks like he's smiling (left-hand picture), it means he's happy and excited to see you. From experience he knows you're about to give him a giant hug.

The half-smile (middle picture) is his way of saying, "Hey, I've bee a good dog...pet me...pay atte tion to me...Pleeease?"

As for what we'd call a frow (right-hand picture), it usually ju means he's sleepy or bored.

IS HE A MEMBER OF YOUR FAMILY OR ARE YOU A MEMBER OF HIS?

Ready for a colossal misunderstanding? You get so attached to your dog, you come to think of him as almost human.

Meanwhile he is thinking that you're a dog.

From his perspective you and your family are a prehistoric dog pack which has taken him into their den (i.e. your hous

This is why he likes to slee on your bed—apart from the fa that it's warm, soft and dry. Eve dog instinctively wants to sleep clo to the leader of the pack and your house, that's you.

But "leader of the pack" has very specific meaning to a dog. I the one who must provic the pack with its foo

S YOUR DOG?

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ou've heard that people should
t less meat and more fruit, vege-
bles, fiber, and grains.

Maybe you think your dog
ould too. Judging by their labels,
lot of dog food manufacturers
ust think so.

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And since dogs naturally like meat, dogs will naturally like Iams.

So it's really very simple. If you're in the market for the best dog food, get out of the supermarket.

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FEED HIM LIKE A DOG.

THE ULTIMATE HOME MOVIE

How are you going to keep the Abendshien family *Home Alone* now that their house has appeared in a smash-hit movie? You aren't, thanks to the endless stream of motorists who've been gawking at the red-brick Colonial in the upper-crust Chicago suburb of Winnetka, Illinois. "That's what happens when your house is the co-star of the most popular movie in America," says Cynthia Abendshien, the fortyish marketing consultant who lives there with her husband, John, a management consultant, and their seven-year-old daughter, Lauren.

A Hollywood house call: Cynthia, Lauren and John Abendshien pose with the scenic star of "Home Alone"

Hollywood has come calling in the neighborhood before: Filmmaker John Hughes, who shot *Sixteen Candles* and *Uncle Buck* in the area, had briefly considered the Abendshien house for two earlier projects, but decided in November 1989 that it was perfect for this comedy about a little boy (played by ten-year-old Macaulay Culkin) who must fend for himself when he's accidentally abandoned by his vacationing family. "We read the script and called people who'd had Hughes filming in their homes, and all of them said they'd do it again," says Cynthia, who won't reveal what the family was paid for the inconvenience (see below). "We looked upon it as a grand adventure. And it sure has been that."

The adventure began in February 1990, when the cast and crew (one hundred twenty-five strong) moved in with the family for nearly two months. In short order, the Abendshiens—who'd been provided with an apartment but preferred for the most part to remain in the house—saw a twelve-foot-deep hole dug out back for a new basement doorway, a tree house built in the backyard, and 500,000 pounds of imported snow dumped on the lawn.

Other effects were also contrived, Cynthia admits. Did Macaulay *really* ride a toboggan down her vintage oak staircase? "Sort of," she says, explaining that a stunt man actually piloted the sled down a ramp that was built atop the stairs.

"At times I worried," she says. But overall, her home's interior was left undamaged, and the filmmakers brought in their own furniture.

Even though their house was made a star, Cynthia admits that "it disrupts your life—you tire of losing privacy in your home. But it's balanced by the fun and excitement."

—BILL BRASHLER

LIGHTS, CAMERA...CAUTION!

FILMMAKERS MAY BE WILLING TO PAY ANYWHERE FROM $500 TO $3,000 A DAY FOR HOUSE RENTALS. BUT DON'T GET STARSTRUCK TOO QUICKLY. ACCORDING TO JOSEPH BANKS, A NEW YORK CITY–BASED LOCATION SCOUT, HERE ARE A FEW THINGS TO KEEP IN MIND IF YOUR HOME IS OFFERED A ROLE:

- **Get a clear idea of what the film is about.**
- **Find out how many support vehicles (trailers, etc.) will be parked on the street.**
- **Insist on a certificate of insurance and a formal rental contract, which should include an agreement stating that the house and furnishings will be left in their original condition. (This is particularly important if potentially damaging special effects, like explosions, are involved.) Run both documents by a lawyer.**
- **If there will be a large crew, you should probably have them make other bathroom arrangements.**
- **Don't allow use of your phone without a reimbursement agreement.**

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(continued from page 52)

owe the IRS.

● **CHARITABLE CONTRIBUTIONS.** Philanthropic taxpayers who itemize will be rewarded with deductions for donations, whether they're in the form of cash, checks or property (for instance, furniture or clothes). Even contributions charged on a credit card and paid for later can be claimed when the charge is made. To take deductions on your 1990 form, your transaction must have been executed by midnight on December 31.

You can also claim out-of-pocket costs associated with performing charitable work. So chalk up write-offs for parking, tolls and mileage—at twelve cents per mile—for delivering dinner to the homeless shelter.

PLANNING AHEAD

In 1991, many two-income families will end up paying more taxes. One of the reasons: Congress extended the Medicare payroll tax. Formerly, that tax was 1.45 percent of an individual's earned income up to $51,300. Beginning this year, however, the tax will be assessed on all earned income up to $125,000. "This will have a big impact on many dual-income couples because it could essentially hike their tax rate on earned income by as much as 2.9 percent," says Gary N. Cohen, tax senior manager at the Washington, D.C., office of Ernst & Young, an international accounting firm. So it's important to start tax-planning strategies for 1991 now.

● **DELAY INCOME UNTIL NEXT YEAR.** One popular tactic is to defer salary until 1992. *(continued)*

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A MATTER OF LIFE AND DEATH

Over the years we've become far too well acquainted with cases of irreversibly comatose or brain-damaged patients like Karen Ann Quinlan and Nancy Cruzan, whose families have fought for their right to die. Now, one family is fighting for a loved one's right to live.

Helga Wanglie, eighty-seven, has been in what doctors call a persistent vegetative state since suffering a heart attack almost one year ago. Doctors at Hennepin County Medical Center, in Minneapolis, say she cannot recover, and they feel it's in her best interest to disconnect her from her respirator. But the family, citing Helga's wish to live, has refused. "Mother always told us that she didn't want anything done to shorten her life," says daughter Ruth Wanglie, forty-nine.

Hospital officials have suggested that the Wanglies move Helga to a long-term-care facility instead. The family has refused, saying they feel she'll get better-quality care at Hennepin. But the hospital believes it is "medically inappropriate" to keep her on the respirator; their lawyers have asked a court to appoint a conservator to decide the course of Helga's treatment.

AS HELGA WANGLIE LIES IN A COMA, HER DAUGHTER RUTH, AND HUSBAND, OLIVER, FIGHT FOR HER LIFE

Counters Ruth, "It should be the right of the family to determine what should be done. Mom was always such a vital person. The least we can do is honor her request." —NANCY STESIN

$$$$$$

(continued) Although you'll eventually end up paying tax on the money, till you do, you'll have it to save, spend or invest. For example, if you anticipate receiving a Christmas or performance-related bonus, ask your employer to postpone payment until January. If you are self-employed, consider billing your clients *after* the end of the year.

- **PAY BEFORE YOUR BILLS ARE DUE.** Another savvy strategy is to bunch deductions into the 1991 calendar year to whittle down your taxable earnings. Any number of 1992 items can be prepaid before the end of 1991—state income taxes, medical bills, accountant's fees—to boost write-offs.
- **SAVE FOR YEARS TO COME.** You can reduce the income that you have to pay tax on now by funding tax-deferred retirement accounts, such as IRAs, to the maximum amount allowed.
- **TAKE CLASS ACTION.** If you want to take some college or graduate courses, 1991 may be the last year that employers can reimburse you tax-free, so enroll now.
- **USE EMPLOYEE BENEFITS.** Find out if your employer offers dependent-care accounts, which permit workers to use up to $5,000 of their pretax earnings for child-care costs. Medical reimbursement accounts work the same way, though there is no set cap on contributions. These accounts can translate into hefty savings, because you're paying in pretax dollars. —LINDA MARSA

THE LHJ '90s NETWORK HERE'S WHAT *YOU* HAD TO SAY

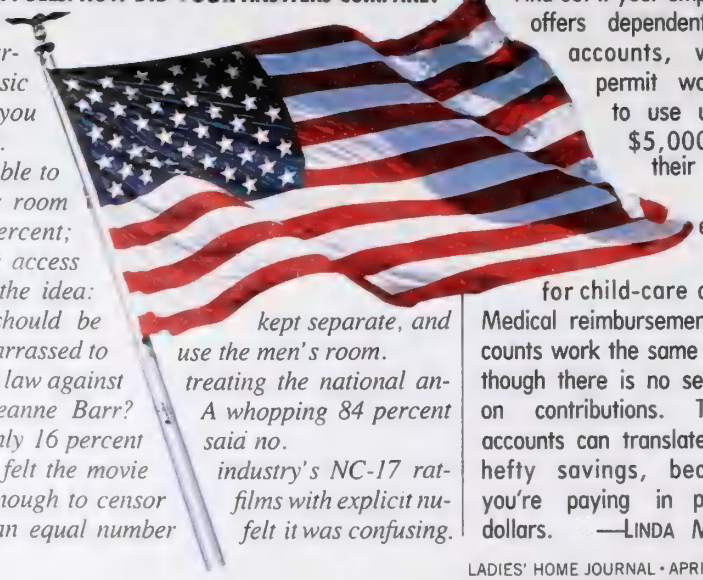
SINCE SEPTEMBER, WE'VE BEEN KEEPING TABS ON YOUR OPINIONS ABOUT IMPORTANT ISSUES. THIS MONTH, THE RESULTS OF OUR FIRST FOUR POLLS. HOW DID YOUR ANSWERS COMPARE?

PARENTS RULE *When we asked whether parents or the courts should decide what music our children listen to, 52 percent of you said parents; 48 percent said the courts.*

SEPARATE BUT EQUAL? *Should women be able to use the men's room when the women's room line is too long? "Yes!" responded 43 percent; 17 percent felt that anyone should have access to either rest room. But others vetoed the idea: 37 percent felt that public facilities should be kept separate, and another 3 percent said they'd be too embarrassed to use the men's room.*

A SOUR NOTE *How would you feel about a law against treating the national anthem with off-key abandon, à la Roseanne Barr? A whopping 84 percent said no.*

THE SEXY SCREEN *Seventy percent of you felt the movie industry's NC-17 rating (no children under 17) doesn't do enough to censor films with explicit nudity; 15 percent liked the new system; an equal number felt it was confusing.*



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re People Are Winning With The Heartbeat of America. TODAY'S TRUCK IS CHEVROLET.™

JESSICA TANDY THE CLASSIEST STAR

Last year she won Best Actress for her impressive performance in "Driving Miss Daisy," but Jessica Tandy has been a driving force in American film and theater for more than fifty years. Bravo!

By Cindy Adams

For Jessica Tandy, the past year has had both ups and downs: In March 1990, she won the Best Actress Oscar for her performance in "Driving Miss Daisy," but late last summer, she was diagnosed with cancer. (She has undergone treatment, but does not wish to discuss the details.) Still, the eighty-one-year-old has proved to be as dauntless as Miss Daisy ever was. She and her husband of nearly fifty years, actor Hume Cronyn, are planning to attend this year's Academy Awards—when she'll also be filming a TV movie. Here, the British-born actress talks to columnist Cindy Adams about what winning her profession's highest honor has meant.

So, did winning the Best Actress Oscar change people's view of Jessica Tandy? No, she says, she can still ride the New York subways. "One's fellow straphangers are usually quite polite. There must be some who didn't like *Driving Miss Daisy*, but none ever come up and say, 'I hated your movie.' They just don't speak. One lady did tell me I looked better offscreen than on, which I find hard to believe. So now I must remember to put on lipstick when I go out. I must remember to be put together.

"I'm not a movie star in the way Elizabeth Taylor is. When she came to the theater the time Richard Burton was doing *Hamlet* and Hume was playing Polonius, I was aware how threatening her celebrity was. Crowdwise, it was pushing and shoving, and they needed mounted police to get her into the car."

Today, at home in the all-yellow living room of her New York apartment, Tandy looks relaxed. She's wearing no lipstick, and little other makeup. Yet, at age eighty-one, her white hair is silky, her clothes elegant. What was she like in her early days? Was she a glamorous, sexy siren? "No, no, no. I was always brought up to believe I was quite plain. I had one letter *(continued)*

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■ JESSICA TANDY
continued

of introduction to someone which said, 'Don't pay any attention to the way she looks because onstage she's quite wonderful.' Not the best thing to read about yourself, right? But the fact is, I was gawky and awkward. In Hollywood they only gave me parts where I was an old maid or some lost soul with a clubfoot. When I inspect my old photos, I now think, What were they all talking about? I was fine. But it was in my head that I wasn't pretty, so that's the way my career went. I was someone useful, not special.

"In my early days, things were difficult. I had to earn a living. It was essential. When I was eighteen, things were rough, and I couldn't seem to get off the ground.

"I had no money, therefore my clothes were made by me, which does not turn out the best fashions," says the lady now clad in a Louis Feraud suit, laughing. "What I did was make clothes that were a bit outlandish. Like a big black Garbo hat and cape, a black satin suit with an eighteenth-century waistcoat made with that old-type material. Very different from anybody else, and I had to wear the same thing over and over so much that they'd say, 'Ugggh, here she comes in that same outfit again.' I didn't know how to put myself together."

But there were some things she did know, growing up in London. "I knew I'd be an actress. Going to the theater was a magic time. We'd put on plays ourselves, right at home. I loved it. At fifteen, when it was apparent I wouldn't be going to university, my mother wisely said I'd better begin training for what I wanted to do, and that's when I entered dramatic school.

"My mother was responsible for all her children becoming something. My eldest brother became an ambassador of sorts, and my other brother went into shipping in China. I was very close to my mother, who was a teacher. Mother was ambitious for us. It was Mother who turned me to the theater. She believed that acting would make an excellent life for me."

But that didn't mean it would be an easy one. "I was egotistical in my young days," Tandy recalls, "and my first husband [actor Jack Hawkins] accused me of being too ambitious. I can see that now. Jack and I were so busy concentrating on our careers that I didn't give him a fair shake. I could have made it better, but I wasn't trying." Married ten years, Jessica Tandy and Hawkins divorced in September 1942. Soon after, she married Hu Cronyn. "A second marriage is eas You know what you have to do."

Jessica Tandy has a daughter, san, by Hawkins. Susan once trie ing a walk-on in a show but didn't for acting. Instead, she married a l nessman in California and made m erhood to four children her lifetim reer. Jessica had two children Cronyn: son Christopher, a film duction manager, and daug Tandy, an actress. Does she feel was as good a parent to her childre her mom had been to her?

With the honesty that seems t characteristic, she replies, after a ment's thought: "I don't know. I wa as good as I could have been if I'd l a normal working person, like a mother. You do the best you can."

How is she to get along with? I she have a dark side? "I don't l temperament. I rarely bother to m a fuss. But when I do—look out. spectacular! There was the time a fine director was behaving abomin in rehearsal. I took it for a while then . . . it was watch out! I sudd screamed at him from the top of stage: 'You sadistic son of a bitch!' I picked up every prop available threw it. I was so furious that I bec ill for days after. It's not good t

ething as strong as that.
've never done anything like that
ume, but thank God, he has never
n me cause. We've learned to give
another space. In the country he
his wing and I have mine. He has
rkroom, sort of Hume's hideaway,
where we keep our awards. See,
e's a long corridor upstairs that
s to Hume's study and bathroom
his extra bedroom if he's sulking.
Ve don't always agree and some-
s he can be annoying and so can I,
Hume's an extremely kind man.
t's the first quality I noticed about
. He's also a great actor. The first
I went to see him in a play, I went
trepidation. I thought, Oh, God,
will be awful. To my amazement
vas the best thing on that stage.
most important that he's a very
l actor. Otherwise, life would not
ll right between us. And I could
be married to an actor. Can you
gine an actress who's married to a
or or a lawyer who gets up at sev-
She'd come home from the theater
he'd already be in bed.
And Hume also has this great sense
umor. Terribly important in the
e is a sense of humor. We laugh a
Even at disasters. Whenever some-
g's annoying we try to laugh at it.
my best friend. The only item I might like to change about him is that I wish he didn't worry so much or work so hard or involve himself in so many details that he's always got a load on his shoulders. He makes all the arrangements for all our productions. I just learn my lines and act. He does everything else.

"As for changing anything about myself, it's too late. There are things I've done over the years that I wish I hadn't. You don't always know when you're being bitchy, but I know I've never done anyone out of a job. I never said to someone who has just gotten a part: 'Oh, that was offered to me, but I was too busy,' as some actors do. I despise that. It takes the gingerbread off the whole thing."

At home, however, Tandy says she isn't *completely* set in her ways. "One thing Hume couldn't stand is that I didn't used to pick up the bath mat, but I've since learned to do that. He's tidy, very together. I'm not so tidy. Now, whenever we might have to share a bathroom, I know that after I step on the mat with wet feet then I must try to remember to hang it back on the tub to dry."

When the Oscar-nomination announcement arrived last year, Tandy was at home with Cronyn. "I was in my robe because it was early in the morning when we heard," she recalls. "Hume and I didn't even celebrate with an extra bowl of oatmeal or anything. We just hugged one another and took deep breaths."

Tandy is amazed by *Miss Daisy*'s unlikely success. "Maybe it's just that everyone's happy not to see one more spitty kiss or a movie where people actually bite one another. Those films are dreadful. Quite unnecessary. They show parts of a man close up that a woman who's married fifty years has never even seen in the dark. Our picture was an on-again-off-again project because it was difficult for the producers to raise the money. The wise people were saying it would never make a nickel . . . too soft . . . has no action . . . and whatever the hell else they were saying in those high places. Therefore, I thought it's such a small picture that not only wouldn't I be nominated, but I wouldn't even be noticed. Besides, the first time I saw it I thought there were things I could have done better. You're never satisfied, you know. I *can't* be that spectacular."

Ah, but we know that she is. ■

Cindy Adams is a syndicated columnist for the New York Post and writes frequently about newsmaking celebrities for LHJ.

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WHAT'S HOT

The year 1990 was one Hollywood won't soon forget. Who would have predicted that *Ghost* would go to box-office heaven? Or that a kid who was left *Home Alone* would knock out Sylvester Stallone and Arnold Schwarzenegger? In between, of course, we endured the sequels and the three-quels, we survived the *Havana*s and the have-nots. Now, for the second year, LHJ presents its golden statuette to some big-screen winners you won't find on the Academy Awards. So step aside, Oscar—Ladys first! **By Leslie Jay**

BEST SIZZLE, MALE

PATRICK SWAYZE, *GHOST*

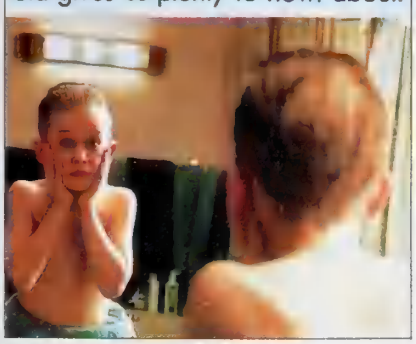
The former dirty dancer trades fancy footwork for advanced handicrafts; his memorable seduction scene with Demi Moore at the pottery wheel is without a doubt a magnificent feat of clay.

THE SECOND ANNUAL LADY AWARDS!

BEST SCREAMPLAY

MACAULAY CULKIN, *HOME ALONE*

Whether splashing on Dad's stinging after-shave or ambushing a pair of bungling burglars, this adorable abandoned ten-year-old gives us plenty to howl about.

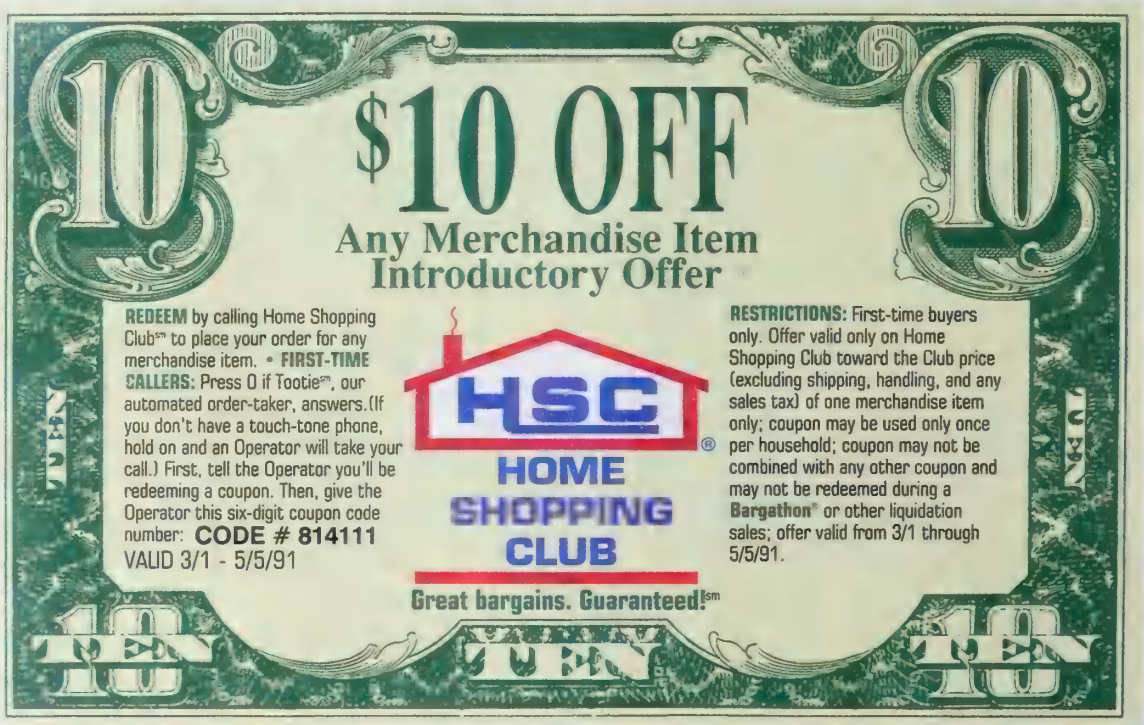


BEST SIZZLE, FEMALE

JULIA ROBERTS, *PRETTY WOMAN*

World-class shopper Roberts corrals every designer dud along Rodeo Drive—not to mention Richard Gere—on her Beverly Hills spree. We must give credit where credit cards are due.

Here's $10 on the house.



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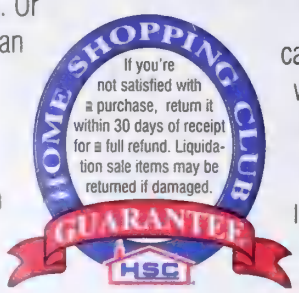

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"Jennifer"
by
Jane Zidjunas
Mommy, PLEASE can I keep him?

WHAT'S HOT

BEST BABY PICTURE

KINDERGARTEN COP
Arnold Schwarzenegger tries to bring order if not law to a horde of six-year-olds. He prepared for reel life as the offscreen father of Katherine, one-and-a-half (Mom is Maria Shriver).

BEST SPECIAL EFFECTS

PACIFIC HEIGHTS *The producers make us pity landlords as Melanie Griffith and Matthew Modine battle tenant-from-hell Michael Keaton.*

HEADLINERS OF THE YEAR

Best: WARREN BEATTY's dashing yellow fedora in *DICK TRACY.* Worst: HARRISON FORD's hedge-trimmed hairdo in *PRESUMED INNOCENT.* (He should've worn the fedora.)

BEST DÉJÀ-VIEWING

THE GODFATHER PART III
Filmmakers continue to demand sequel time, and while Sylvester Stallone finally goes down for the count (we *think*) in *Rocky V,* Al Pacino makes a strong comeback as that put-upon don Michael Corleone. Runner-up: *Back to the Future, Part 3,* which almost justifies its terrible 2.

BEST SCENE-STEALER, MALE

KEVIN COSTNER, DANCES WITH WOLVES
Although we love the sweeping views of the once-wild West, we are happier studying Costner and wondering, Is he better with, or without, the mustache?

BEST SCENE-STEALER, FEMALE

SHIRLEY MACLAINE, *POSTCARDS FROM THE EDGE*
At a party for film-daughter Meryl Streep, MacLaine goes out on a limb in a sexy song-and-dance number—and shows that her career still has legs.

BEST TAKE-OUT ORDER

WHITE PALACE
Special orders don't upset sexy waitress Susan Sarandon, who whets James Spader's appetite for more than a burger and fries while working the night shift at a greasy spoon. Well done!

Fresh Catch.

Real seafood, hand-selected for your cat. From Friskies.

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WHAT'S HOT

BEST HAIRSTYLIST

EDWARD SCISSORHANDS

Vidal Sassoon, beware! As a part-man, part-blade creation, Johnny Depp is a shear delight who just can't stop styling—whether it's unruly shrubs, shaggy dogs or bored middle-aged housewives.

FUN COUPLE OF THE YEAR

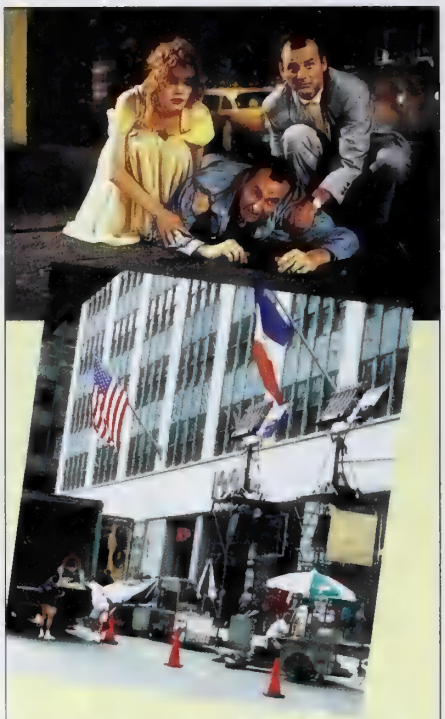
JAMES CAAN AND KATHY BATES, *MISERY*

When a car crash lands him in the Bates motel, romance novelist Caan learns—in ever-so-torturous ways—what it means to be loved almost to death in this black comedy about write and wrong.

BEST FOREIGN-LANGUAGE FILM

TEENAGE MUTANT NINJA TURTLES

Cowabunga, dude! Surfing slang of the 1960s—and some pretty hefty servings of pizza—coax those heroic martial-artist reptiles out of their armored shells. Rarely have we seen turtles move *this* fast.



BEST UNCREDITED USE OF LHJ OFFICES

QUICK CHANGE

Bill Murray, Geena Davis and Randy Quaid stage a bank heist in New York City, but their target—our Park Avenue office building—walks off with the scene. Is there no honor among thieves? Next time we want top billing.

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Davis—The Perfect Window
Donville—Indesign
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Healdsburg—Shades of a Different Color
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Middletown—Maureen's Interiors
Modesto—Carlene's Home Fashions
Modesto—Sunrise Window Fashions
Mountain View—Paul's Draperies
Napa—Decor for Less
Napa—Drapery Factory of Napa
Nevada City—Harding's Nevada City Interiors
Palo Alto—Interiors & Textiles Corporation
Paradise—Allan's Custom Blinds
Rohnert Park—Window Visions
Roseville—Sundance Interiors
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San Mateo—Win-Door Service
San Mateo—Wisnom Hardware
San Rafael—Conklin Brothers
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San Rafael—Window Accents, Inc.
San Rafael—Window Visions
Santa Clara—Eastern Furniture
Santa Cruz—McCarty's
Santa Rosa—Conklin Bros.
Santa Rosa—Drapes & More
Santa Rosa—Trend Draperies
Tracy—Tracy Carpet Center
Vacaville—Ultra Blinds
Vallejo—Affordable Window Coverings, Inc.
Vallejo—Designer's Showcase

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Aurora—Nancy's Discount Window
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Castle Rock—Homesewn Interiors
Colorado Springs—Paints Plus The Decorator
Colorado Springs—Window World
Durango—Riverfront Interiors
Granby—J & J Interiors
Grand Junction—Interior Space & Form
La Porte—Moore Blind Co.
Louisville—Kover Up Decorating Center

Idaho
Boise—Shane Design Associates
Twin Falls—Window Fashions/Discount Blind Co.

Montana
Conrad—Betty Ann's Interior Design Concepts
Whitefish—The Carpet Studio

Utah
Ogden—Village Mills
Salt Lake City—Wallpaper Warehouse
St. George—Interiors By Zola

Wyoming
Basin—K.D. Drapery
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rd Prize: Five nights in London at the Hyde Park Hotel s a delightful Venice Simplon-Orient-Express excursion he magical 18th-century city of Bath.

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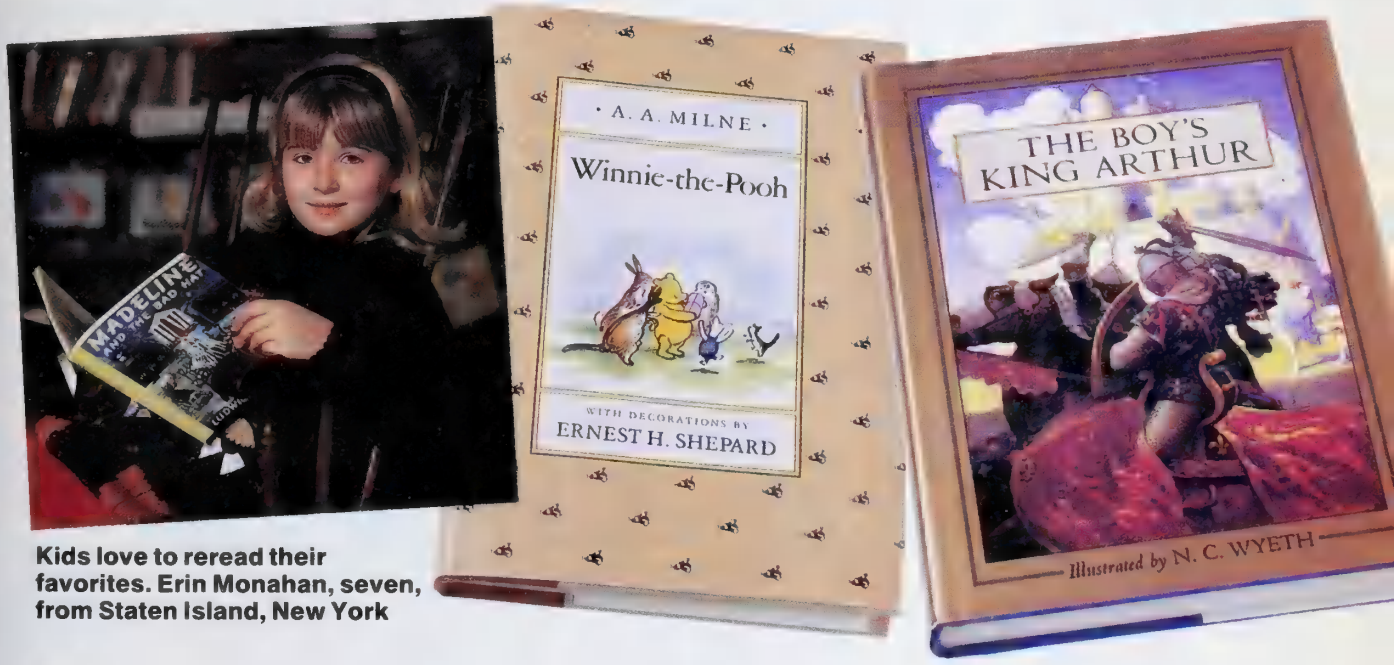
ildren 19–59 pounds. Available in limited areas.

HOW TO GET YOUR KIDS TO LOVE BOOKS

A yes-you-can-do-it-guide to help your child discover the joys of reading.

By Margery D. Rosen



Kids love to reread their favorites. Erin Monahan, seven, from Staten Island, New York

WHETHER IT'S POINTING OUT THE MOUSE IN *GOODNIGHT, MOON* TO YOUR TODDLER OR COAXING A TEENAGER TO TURN OFF MTV AND CRACK A BOOK, PARENTS PLAY A CRITICAL ROLE IN HELPING THEIR KIDS DISCOVER—AND CHERISH—THE WORLD OF WORDS. THE JOB STARTS EARLY. AS FIRST LADY BARBARA BUSH SAYS, "READING ALOUD IS ONE OF THE BEST-KEPT SECRETS OF GOOD PARENTING. IT HAS TREMENDOUS IMPACT ON A YOUNG MIND AND GIVES YOUNGSTERS A HEAD START ON THEIR EDUCATION. CHILDREN OFTEN GAIN MORE THAN LEARNING SKILLS, HOWEVER. READING TEACHES SHARING AND INVOLVEMENT. IT BRINGS FAMILIES TOGETHER AND MAKES CHILDREN FEEL LOVED." HERE, AN ENCYCLOPEDIA OF PRACTICAL INFORMATION.

Hooked on books

How a cross-country organization of people like you helps kids learn to love reading

"When I was little, the last thing I wanted to do was read," remembers Suzanne Hurley, twenty-six, a personnel officer at a bank in Somerville, Georgia. "We lived in a small town in Alabama, and my parents owned a grocery store. I thought reading was boring, a waste of time. I would rather do *anything* except pick up a book."

Hurley's parents tried to encourage her to read, but while she did very well in science and mathematics, her English teachers were less than thrilled with her progress.

Until an organization called Reading is Fundamental (RIF) came to town. Founded in 1966 by the late Margaret McNamara (wife of former Secretary of Defense Robert McNamara), RIF today is a nationwide network of community-based volunteer programs—last count, 12,667 in all fifty states and U.S. territories—with one goal in mind: to help kids discover the joy of reading.

At the core of RIF *(continued)*

Are they fascinated by one book? Encourage others by the same author. Claire Bryant, nine, Silver Spring, Maryland

(continued) is what they call "book distribution events." Books are given out—free—to those involved in the program. "In my school, books were spread out on tables in the cafeteria," recalls Hurley. "You got to pick anything you wanted. I remember choosing *Black Beauty*—I adored it, and got hooked on reading."

Through a combination of unbridled enthusiasm and imaginative activities, RIF manages to make a magical connection between kids and books. "I think a lot has to do with the fact that RIF kids get to choose what they want to read," says Anne Richardson, RIF's chairman and a former fourth-grade teacher. "How often does that happen? Usually, the teacher just gives them an assignment."

While RIF works with children at all social and economic levels, many of them would never own a single book if it weren't for RIF. "We want to ensure that all kids grow up to be fully literate," says Richardson. "That means more than just being able to read enough to get by. We want them to be enthusiastic readers."

With illiteracy rates in the U.S. distressingly high—27 million adults are functionally illiterate, according to the latest estimate from Literacy Volunteers of America—RIF's goals are ambitious. "Whether we go to a homeless shelter in Detroit, an Indian reservation in Mississippi or an elementary school in Scarsdale, New York, it's critical to get children hooked on reading when they're very young," says Richardson.

Though local programs work independently and vary among schools, they basically follow the same modus operandi: RIF volunteers—parents, teachers, librarians—sponsor fund-raisers and solicit donations from local businesses, citizens' groups, even college fraternities. (Matching federal funding is available for some existing programs, but due to budget cutbacks, new programs must raise all their own funds.) A committee then buys books, at discount, from publishers. Three times a year (more often if they have the money), distributions are held: Children browse, make selections and—best of all—get to keep their books. RIF estimates that more than 2.7 million youngsters participated in the program last year.

At the same time, local volunteers conceive and execute enrichment programs to enhance kids' enjoyment of reading. Consider just a handful of those organized nationwide:

■ At Bessie Hoffman Lincoln Junior High School, near Ypsilanti, Michigan, RIF volunteers, working with teachers and school librarians, invited top children's authors to talk with students. Last March in the district's elementary school, children dressed as their favorite book character and marched in a storybook parade.

■ In Los Alamitos, California, kids at the Rossmoor Elementary School read more than one million pages last year as part of a reading incentive program called Castle Rossmoor (to fit in with the school's medieval theme). Children competed for a series of awards presented on book-distribution days.

■ Linking two important causes, RIF volunteers in Rothsay, Minnesota, sponsored a campaign *(continued)*

Let them read for the fun of it. Jason Ly, seven, Staten Island, New York

A MIX OF THE CLASSICS AND THE MODERN

"I'm in the middle of *The Secret Garden* right now," says Stevie-Noi Stribling, a sixth grader at the Newberry Math and Science Academy, in Chicago, "but I like the series *Bad News Ballet*, too." A mix of the classic with the popular is also the aim of the RIF program, explains her mother, Loretta, thirty-eight, who helps in the selection and distribution of books. "There's a lot the kids *have* to read," says Loretta. "Here, they get to pick what they're in the mood for, not what some grown-up tells them to."

Stevie reads on the hour-long ride to and from school every day, and after she's finished her homework and practiced the piano. "There's just one more thing I want to say," says the well-spoken twelve-year-old, who's planning to be a surgeon when she grows up: "RIF is terrific."

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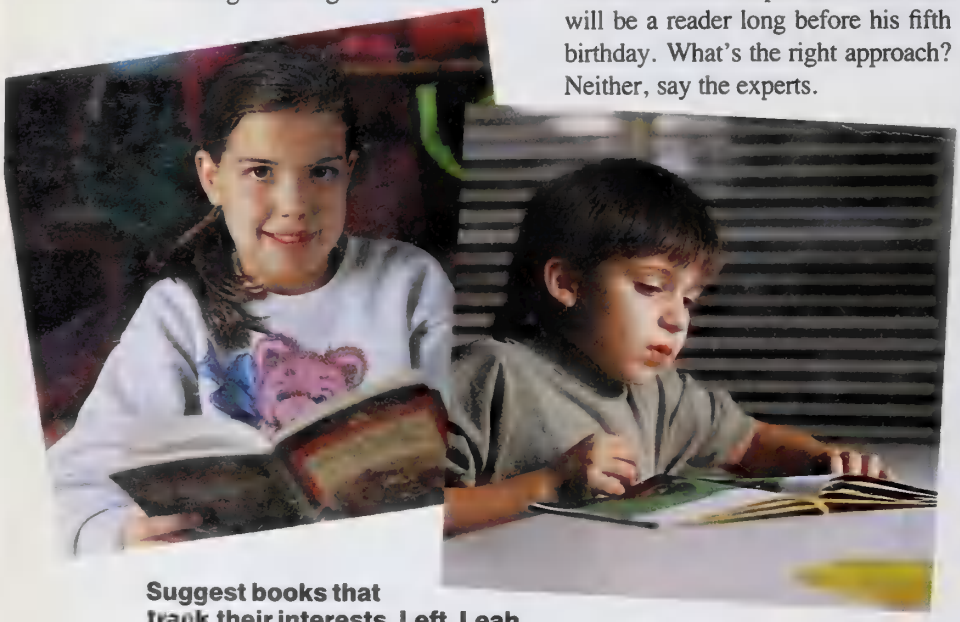
(continued) using the slogan, "Plant a tree of knowledge—Read!" Kids also planted flower seeds in paper cups that were later transplanted to the school grounds.

"You can cook up any crazy idea you want to make reading come alive," says Beth Pettit, who's been organizing programs in New York City for over twenty years and currently runs RIF's activities at an elementary school in Harlem.

RIF also shows parents how to encourage reading at home. Project



Suggest books that track their interests. Left, Leah Baker, nine, Silver Spring, Maryland; right, Benjamin Talbert-Goldstein, six, Silver Spring, Maryland

Home Base, in Yakima, Washington, targets teen mothers like Laurel, eighteen, who dropped out of high school three years ago when her son was born. "I think we caught Laurel at just the right time," says Carol Anne Forsberg, the project coordinator. "A volunteer visited Laurel and showed her how, by reading aloud, telling stories or playing games, she could stimulate her son to learn. I think she began to realize what she'd missed by dropping out. She went back to night school and now runs a day-care center out of her home."

"Organizing a RIF program is a way for parents to do something that has a direct impact on their children's future," says Anne Richardson. "You don't need a lot of money or a huge organization behind you either." Whether it's a T-shirt or candy sale in the school cafeteria, or something more ambitious, every penny helps. RIF estimates that as little as six dollars will buy three books.

"Mommy, I can read!"

Getting preschoolers reading-ready

When it comes to teaching children to read, some parents leave it all in the hands of the teachers. Others pull out the flash cards in hopes that their child will be a reader long before his fifth birthday. What's the right approach? Neither, say the experts.

"I don't know how to state it any clearer: When it comes to reading, sooner is not necessarily better," says Sue Korn, a learning specialist and consultant to the Fisher-Landau Foundation at the Dalton School, in New York City, an innovative program that trains teachers to work with bright children with learning problems in the classroom. "Parents can do a tremendous amount to help their kids learn to read, but pushing them before they're ready can backfire," she says. "I've seen five-year-olds enter kindergarten burned out. The last thing they want to do is read. And that's usually because anxious parents have pushed too much too soon."

Most children learn to read in their own time—some as early as four or five, most by age seven. But studies have shown that kids as young as two sense that grown-ups reading a book somehow "get" the story from the pages (though they initially think the story comes from the pictures). Experts believe that by age four children know that those printed words have meanings. They understand, too, that the text has a beginning and an end, that the story reads from left to right and from top to bottom.

Where do they get that insight? Largely from their parents. In fact, there are many simple steps parents can take to help their preschooler develop a lifelong love of reading.

■ Talk to your children. "Talking helps kids build a vocabulary," says Korn, "and that's a building block of reading." Chat with your kids throughout the day—when you cook dinner, when you get them dressed, as you grocery shop—and verbalize what you are doing. Give them some coupons and let them point to items that match up. Ask, "Can you find the spaghetti that begins with R?" Such activities not only sharpen their powers of observation but reinforce their familiarity with letters.

■ Don't talk down to a toddler. Kids quickly learn the meaning of big words from the context in which they are spoken, so forget the baby talk. Use real words for objects and people.

■ Encourage their efforts to speak, even if the words sound nothing like the real thing. All children mispronounce words, drop the first letter of a word and so on. But a first step in learning to read is understanding that words have an association to real objects, so encourage their babbling.

■ Let them play! When kids build a block tower, it's a good opportunity to explain certain larger concepts: For instance, one block goes on *top*, another goes *under*. One block is *bigger*, another is *smaller*. When they put a puzzle together, they pick up visual cues that help them differentiate words later. Puzzles also refine visual motor skills, spatial awareness and fine motor skills—all critical for reading and writing.

■ Read out loud regularly. "Reading out loud is the single most important thing parents can do *(continued)*

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(continued) to help their kids read," says Sue Korn. "Frequently, the earliest and best readers are those whose parents have made reading out loud a priority early on."

■ Start reading right away. Though it may seem silly to prop an infant on your lap and read a book, studies have shown that the soothing sounds of a parent's reading voice can calm fussy babies and entertain quiet ones. And, reading together can foster a special closeness.

■ Have fun when you read. Don't be shy: Indulge your flair for the dramatic. Preview a book before you read it aloud so you can shorten or skip overly descriptive passages. Invite your children to describe pictures or guess what's going to happen next. Have them read a wordless book to you—or to some of their favorite stuffed animals. Encourage an older child to read to a younger sibling.

■ Read anything: Rhymes, from Mother Goose to Dr. Seuss, are particularly beguiling for preschoolers, because they make language fun. Poems about nature (or the world around them)—from Robert Frost to Shel Silverstein—spark the imagination. Don't forget magazines, newspapers (especially the comics and sports), even the backs of cereal boxes.

■ Encourage active listening. Ask questions and answer theirs as you go. Leave time to talk about the story.

■ Tape some of your children's best-loved stories; let them recite favorite poems or nursery rhymes, too. When kids hear their own voices on tape, it gives them confidence and encourages language development.

■ Let kids see you reading. As in everything else, children model their behavior after their parents; if they see that you value books, they will, too.

■ Encourage them to draw and "write." Store art materials on an easily accessible shelf.

■ Teach them the alphabet song so they become familiar with the sequence of letters. Buy a set of blocks with letters on them or magnetic letters that stick to the refrigerator. But, experts caution, use these things as toys, not educational tools.

■ When kids start to recognize letters, give them a pile of old magazines and let them cut out *A*'s, *B*'s and so on. Make a collage or a book with pictures of objects that start with different letters.

■ Make the local library a regular stop. Even if kids can't read yet, they'll know that reading is a family priority. Get them their own library card and encourage them to use it often.

Teens face myriad social and academic pressures—when they pick their priorities, reading may be the first to go. Left, Jerry Jones, seventeen, and Jamie Goss, fourteen, both from Little Rock, Arkansas

When Johnny can read – but doesn't want to

The fourth-grade slump

It happens often: A child is reading regularly and with enthusiasm. Her first-, second- and third-grade teachers marvel at her progress. Then comes fourth grade. Suddenly, there just isn't time for reading anymore. Library books get returned unread. The TV is always on. What's going on here? Isn't this supposed to take place when she becomes a teenager?

Well, folks, it happens when they turn nine or ten, too. *(continued)*

A LOVE OF SPORTS—AND READING

Last April, then thirteen-year-old Juan Gonzalez, Jr., one of six children of a migrant farm worker from Alice, Texas, received a rare honor. Juan, who loves to read, "especially books and magazines about sports," was the 1990 National RIF Reader; he and his parents were invited to the White House to meet Barbara Bush and participate in a celebration of reading. To compete, Juan read over forty hours during a designated two-week period. He was chosen at random from among thousands of kids nationwide who had also read at least five hours, the time required to qualify. Was he nervous about meeting the First Lady? "Not really," says Juan, who says his favorite time to read is after everyone else is in bed. "Well, maybe a little. But she was very nice."

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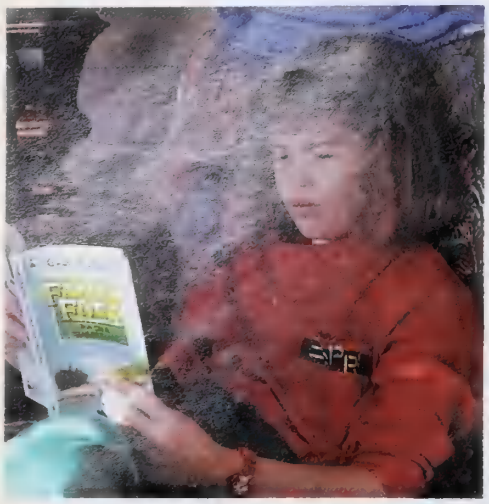

Try to select books that are a notch above their current reading level. Alissa Parker, nine, Odessa, Texas

(continued) "We call it the fourth-grade slump," says Elaine Scott, coordinator of Reading is Fundamental to Arkansas' Future, the first statewide campaign to target students in this age group. "Statistical studies have shown that this age is a key point when many students—even those who have all along enjoyed reading—begin to lose interest. If we can help those kids through this critical juncture, we have a good shot at keeping their interest alive."

Educators attribute the slump to several factors. "When kids start using textbooks in grade school, reading takes on a whole other meaning," notes RIF president Ruth Graves. "It's no longer just for fun. Now reading has strings attached. It's work. And that can turn kids off."

Then, too, as homework piles up, it becomes harder and harder for a child to find time to read simply for pleasure. Not to mention social pressures. "If everyone else is watching a certain television show, or listening to a particular rock group, or mastering a video game, your child is going to want to do that, too," notes Graves.

How can parents help their youngsters during this critical period? First, find out why reading has slipped way down on her priority list. Does she tell you it's boring? That she has no time to read? Maybe the reading she gets in school *is* boring. To make sure she doesn't turn off to all kinds of reading, suggest books that track her interests (see "Choosing a book for your child," page 82). Maybe she needs help in planning her evenings so she can fit in at least ten minutes to read.

Ask yourself if you could be putting too much pressure on your child to do well in school. If so, back off a bit to see if she comes around.

Of course, if your child constantly complains that he hates to read and it's too hard, there might be some truth to that. Speak to his teacher about having him tested (turn to "If something's wrong . . ." page 88). The sooner a problem is identified, the sooner your child can receive the remedial help he needs.

Books for special times

As many parents know, it's often easier to help a youngster deal with a troubling real-life situation—be it death, divorce, adoption or the arrival of a new sibling—by reading the right book. The fantasy of, say, E.B. White's classic *Charlotte's Web* can help a child deal with the death of a loved one, and show her how others wrestle with similar problems.

Publishers and librarians have coined a somewhat tongue-in-cheek word for that time-honored custom: bibliotherapy. "Whether it's AIDS or Alzheimer's, we have more books on special topics each day," says Julie Cummins, coordinator of children's services at the New York Public Library. However, she and other experts caution that a book is never a substitute for parental guidance. "It can be a wonderful jumping-off point for a family discussion," Cummins says, "but I'd hate to think that parents use it as a sole way of dealing with a problem."

Also, keep in mind that not all books are of equal caliber. "You don't want to turn a child off by mistakenly choosing a book that's too didactic, too superficial, too dull or badly researched," Cummins says.

We checked with Cummins and Christine Behrmann, children's-materials specialist at the New York Public Library, for the best books on current problems. Here's what they recommend (the first book listed in each category is for younger children, the others are for older kids).

ADOPTION

THE DAY WE MET YOU, by Phoebe Koehler (Bradbury, 1990). An adopting family lovingly tells their child about their first day together.

FAMILIES: A CELEBRATION OF DIVERSITY, by Aylette Jenness (Houghton Mifflin, 1990). Children tell about their experiences in a variety of family styles, from single mother and child to a large, extended household.

AIDS

CHILDREN AND THE AIDS VIRUS: A BOOK FOR CHILDREN, PARENTS AND TEACHERS, by Rosemae Hausherr (Clarion, 1989). Information about the HIV virus on a level understandable to primary-grade children.

A parent's challenge: to make reading fun even as homework piles up. Dennis Williams, eleven, Staten Island, New York

DEATH

JIM'S DOG MUFFINS, by Miriam Cohen (Greenwillow, 1984). When Jim's pet is killed, he and his first-grade friends grieve together.

MAMA'S GOING TO BUY YOU A MOCKINGBIRD, by Jean Little (Penguin, 1985). Jeremy's life is *(continued)*

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(continued) drastically changed when his father dies.

LOSING SOMEONE YOU LOVE: WHEN A BROTHER OR SISTER DIES, by Elizabeth Richter (Putnam, 1986). Young people, ten to twenty-four, describe the experience of losing a sibling.

DISABILITY

BALANCING GIRL, by Berniece Rabe (Dutton, 1981). Margaret, in a wheelchair, uses her balancing talents to raise money at the school carnival.

CHELSEA AND THE GREEN-HAIRED KID, by Carol Gorman (Houghton Mifflin, 1987). Chelsea, a paraplegic, solves a mysterious murder at her school.

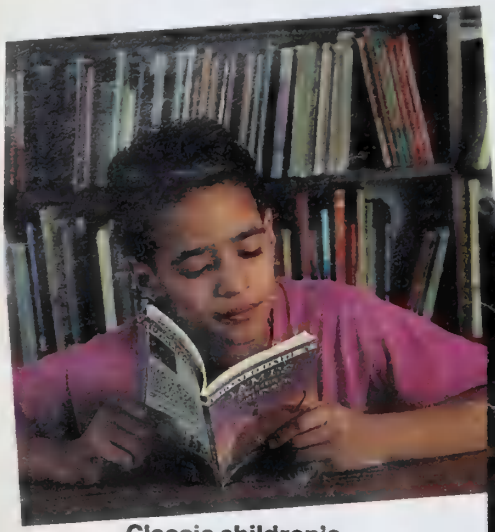
FINDING A WAY: LIVING WITH EXCEPTIONAL BROTHERS AND SISTERS, by Maxine Rosenberg (Lothrop, Lee and Shepard, 1988). Living with a disabled brother or sister.

DIVORCE

MY MOTHER'S HOUSE, MY FATHER'S HOUSE, by C.B. Christiansen (Atheneum, 1989). A girl talks about her different experiences in the homes of each of her divorced parents.

DEAR MR. HENSHAW, by Beverly Cleary (Morrow, 1983). Leigh copes with his parents' divorce by exchanging letters with his favorite author.

HOW IT FEELS WHEN PARENTS DIVORCE, by Jill Krementz (Knopf, 1984). Boys and girls share their feelings.



Classic children's authors—like Roald Dahl and Dr. Seuss—still intrigue young readers. Tony Eichhorn, twelve, Ypsilanti, Michigan, above left; right, Jeannine Veloce, five, Staten Island, New York

FAMILY PROBLEMS

LIKE JAKE AND ME, by Mavis Jukes (Knopf, 1984). A fuzzy spider brings Alex and his new stepfather together.

ALWAYS GRAMMA, by Vaunda Nelson (Putnam, 1988). A loving grandchild describes her grandmother's struggles with Alzheimer's disease.

WHEN GROWNUPS DRIVE YOU CRAZY, by Eda LeShan (Macmillan, 1988). An expert offers advice to kids.

Choosing a book for your child

How can you tell if a book is good? Start by asking the librarian at your local public library or in the school for recommendations.

"People don't use their librarians enough," says Sue Korn, a learning specialist in New York City. "They can do a lot more than just check out books. Librarians are specially trained to direct children to books on subjects that interest the child as well as to authors who are especially good for particular age groups." Check, too, the lists of Caldecott and Newbery award winners, given annually for outstanding children's literature (your library should have these).

When browsing, look for books appropriate to your child's age. Preschoolers, for instance, love stories that move along quickly and can be read in one sitting. The best: picture books with simple illustrations of familiar objects in bright colors. Texture books—like the Dorothy Kunhardt classic, *Pat the Bunny*—involve the senses. Board books are durable and also allow little fingers to turn pages easily. Vary the size, too; toddlers love to tote around tiny books.

Once they're reading, kids will progress from simple stories to chapter books. What if you have a second grader who wants to *(continued)*

MAKING GOOD READERS EVEN BETTER

Ten-year-old Rebekah Makarewich, of Willis, Michigan, was always a good reader, but thanks to the RIF program—which she joined in kindergarten—she's now an *avid* reader. "RIF has been a catalyst for Rebekah, a real reinforcer of an interest she already had," says her father, Dan. "I think the key to the program is that it not only gives kids access to books, it's a chance for a child to pick a book of his choice that's also at his interest and reading level." Rebekah, a fourth grader at Lincoln Later Elementary School, squeezes in reading time whenever she can—after homework is done, of course. "My favorite place to read is in bed, just before I have to turn out the lights," she says. This year, she's already worked her way through almost all the Beverly Cleary books. "I'm so glad RIF is at my school. I'm going to stick with it," she says. "It's helped me improve my reading skills. And it's fun."

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(continued) read only mysteries or Babysitters Club books? Aren't they the child's equivalent of junk novels? "I don't think you should ever discourage a child from reading," says Korn. "Reading *anything* builds confidence and develops skills. Besides, there's nothing wrong with reading just for fun."

But if a book is poorly written or the language used is not more sophisticated than the way the child already talks, she won't expand her own language, ideas or vocabulary. What's more, her writing skills may suffer. Give her some books just a little bit beyond her current reading level. One good rule of thumb: If there are more than five unfamiliar words on a page, the book is too hard. On the other hand, if he can read page after page without encountering any new words, it's too easy.

Subject matter is important, too. It may sound painfully obvious, but

Books help kids better understand their own feelings and thoughts. Jessica Goodheart, seven, Staten Island, New York

many parents forget that, like grown-ups, kids are also more likely to read if they're interested in the subject.

The top five: Kids tell us

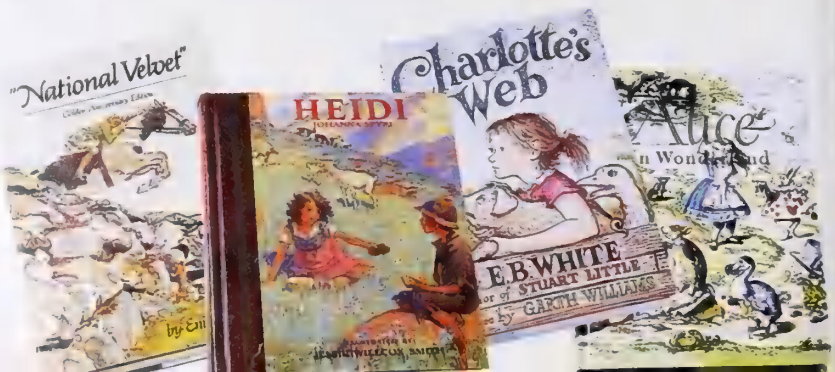
When RIF asked 300,000 kids nationwide what book they liked the most, here's what they said: *(continued)*

WHEN I WAS VERY YOUNG

Celebrities tell us their favorite childhood books

ALAN ALDA: *The Legends of King Arthur* ■ ARTHUR ASHE: *Native Son*, by Richard Wright. A searing novel of a young man's destruction by a racist society. ■ ERMA BOMBECK: *Heidi*, by Johanna Spyri. ■ CAROL BURNETT: *The Yearling*, by Marjorie Kinnan Rawlings. ■ BARBARA BUSH: *My Book House*, by Olive Beaupre Miller. A set of activity

books. ■ TOMIE DI PAOLA: *Hitty, Her First Hundred Years*, by Rachel Field. The journey of a wooden doll who began her adventures two hundred years ago. ■ BILLY JOEL: *A Connecticut Yankee in King Arthur's Court*, by Mark Twain. The renowned satire about a New England blacksmith who goes back in time. ■ ANN LANDERS: *Charlotte's Web*, by E.B. White. ■ STEPHEN KING: *McElligot's Pool*, by Dr. Seuss. ■ YOKO ONO: *Black Beauty*, by Anna Sewell. ■ JERRY LEWIS: *The Merry Adventures of Robin Hood*, by Howard Pyle. ■ BETTE MIDLER: *Alice in Wonderland*, by Lewis Carroll. ■ CATHY RIGBY McCOY: *Grimm's Fairy Tales* ■ DIANE SAWYER: *National Velvet*, by Enid Bagnold. ■ MAURICE SENDAK: *The Princess and the Goblin*, by George MacDonald. A whimsical tale for young boys and girls. ■ GLORIA STEINEM: *Little Women*, by Louisa May Alcott. ■ BARBARA WALTERS: *The Little Prince*, by Antoine de Saint-Exupery. A magical tale of a boy from another planet.



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WE GROW BETTER SNACKS Del Monte

(continued)

CHARLOTTE'S WEB, by E.B. White. Wilbur the pig is saved by his good friend, Charlotte, a spider who also happens to be a writer. A timeless story of friendship and renewal.

SUPERFUDGE, by Judy Blume. Sixth grader Peter Hatcher (see below) thought his only problem was his pesky little brother, Fudge. But now it seems there's going to be *another* addition to the family.

WHERE THE RED FERN GROWS, by Wilson Rawls. A young boy in the Ozarks earns the money to buy two coon hounds, then faces heartbreak when they die. A classic coming-of-age novel of values tested and dreams achieved.

TALES OF A FOURTH GRADE NOTHING, by Judy Blume. First in Blume's series about the problems and hassles faced by Peter Hatcher. This tied with **HONEY, I SHRUNK THE KIDS**, by B. Hiller and E. Faucher. A silly scientist invents a reduction machine that everyone pooh-poohs—until a little accident occurs...

INDIAN IN THE CUPBOARD, by Lynne Reid, tied with **CHARLIE AND THE CHOCOLATE FACTORY**, by Roald Dahl. In the first, a toy Indian magically comes to life and befriends a lonely boy. In the second, a poor boy named Charlie takes the tour of a lifetime through Willy Wonka's candy factory.

Never discourage a child from reading, even if you don't particularly like what he's chosen. Above, Kevin Bryant, seven, Silver Spring, Maryland; right, Natalia Linares, six, Staten Island, New York

Teens and reading

If reading is boring, what's a parent to do? The last thing a teenager wants to hear from his parents is yet another instruction or piece of advice. If kids haven't gotten the message about how important reading is by now, will they ever?

"Of course they will. It's never hopeless," says Gail Gumora, M.S., M.Ed., a learning specialist in New York City who works with adolescents and their parents. "Even if your child has lost interest in reading—or never liked it very much in the first place—it's never too late to try to capture his imagination." While trying to entice a teenager to read is in some ways similar to helping a child of any age over a reading slump, dealing with this particular species requires a few more specific techniques—and a lot more finesse.

Be realistic. If your child has never been a reader, don't expect him to suddenly dive into Shakespeare. Expose him in small increments to the written word; buy books of word games and puzzles that will tease him into thinking about language.

Set some ground rules and stick to them. Pick a time when you turn off the TV and stereo, turn on the phone answering machine and just let the family be together, suggests Gumora. "You don't have to all sit down and read. The idea is to create an environment in which the teen learns to think," says Gumora. Start small: You might decide that on Tuesday nights between seven and eight, you'll turn off the TV. Maybe you all play a board game. Maybe you'll just talk. "The point is to shift the atmosphere in the home away from one that is bombarded constantly by outside stimuli to one where the child's creativity and imagination are challenged," Gumora says.

Set an example yourself. If you turn on the TV and it stays on throughout dinner and into the evening, it's going to be hard to convince your teen that reading is more important than MTV.

Look for subjects you know interest him. If the stereo headset has become a part of his anatomy, buy a book about rock music and casually give it to him. " 'I saw this and thought you might like it' is all you have to say," says Gumora. Don't badger him to read it. If it's a subject he's interested in, he just might pick up your book, and then maybe another one.

Keep plenty of reading materials around the house. Magazines and newspapers build reading skills; they may also rekindle pleasure in reading longer works. Give him a subscription to a magazine he'll enjoy. Let the reluctant reader read what he wants—and don't pass judgment on his decision.

Don't panic or push. Remember that it's natural for all kids, especially teenagers, to go through periods when they don't read at all.

Tricks to boost their reading skills (without really trying)

Go out to dinner. Hand your kids a menu and let them read the choices . . . Play a game. Word games like Scrabble for Juniors, Boggle, Spill and Spell, help expand vocabularies . . . Let your child write out your shopping list. Don't criticize the spelling, either. The first grader who writes "pnt btr" for *(continued)*

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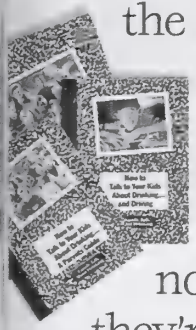

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Once you read **Family Talk About Drinking** we're confident you'll see just how helpful the program can be.

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Talk about books you've read—so they know reading is important to you, too. Warren Isaac, ten, Philadelphia, Mississippi

unions. Storytelling builds vocabulary and whets the appetite for more. Speak enthusiastically, change voice as you move from character to character. And ask the kids to join in . . . Ask your kids to take phone messages for you. Leave pencil and paper within easy reach so they can practice their writing . . . Are you writing a letter to a relative? Suggest that the children add a sentence or two of their own. Give them stationery or a journal of their very own . . . Let each child pick out his own calendar (large squares work best) and encourage him to write in play dates, music lessons, Little League games . . . Play charades, acting out book characters or book titles . . . Make a scrapbook of things you did, places you visited over vacations and holidays. Add a sentence or two to explain each picture.

(continued) "peanut butter" is using what teachers call invented spelling. He's hearing the beginning, middle and end sounds of the words—and is well on his way to better reading and writing . . . Join a book club. Every parent knows that kids love to read, reread and read again their favorite books. Clubs help them build their own libraries. Some good ones: Beginning Readers Program, Grolier Enterprises, Inc., Sherman Turnpike, Danbury CT 06816; I Can Read Book Club, Field Publications, 245 Long Hill Road, Middletown, CT 06457; Scholastic Book Services, 730 Broadway, New York, NY 10003 . . . Tell a story. Make up stories for little ears anytime and incorporate them into your holiday traditions, family re-

If something's wrong...

The newest, most important information about learning disabilities

Last fall a much publicized study by the Yale University Center for the Study of Learning and Attention Disorders at the Yale School of Medicine found that girls were just as likely to suffer from reading disabilities as boys. This contradicted conventional wisdom and made us wonder what else is new in this much talked about, much worried about area. To find out, *LHJ* spoke with Priscilla L. Vail, M.A.T., an internationally recognized learning specialist and author, most recently, of *Smart Kids With School Problems* (New American Library, 1989). Here's what she told us:

LHJ: First, a definition. What exactly is a learning disability?

Vail: Learning disability (LD) refers to a condition in which a child who, in spite of normal sensory apparatus—that is, his vision and hearing are fine—and average or even superior intelligence, does not learn the way he or she should. A learning-disabled child might have problems in listening, speaking, reading, writing, spelling or arithmetic.

It's critical to remember that all learning-disabled kids are not alike.

If parents make reading a priority in their lives, kids will, too. Konnie Parks, fifteen, Yakima, Washington

One may have great artistic talent but be at a complete loss when it comes to doing simple arithmetic. Another may be an exquisitely *(continued)*

TWO GENERATIONS OF READERS

Shannon Tinajero, of Yakima, Washington, was a teen mother: She had her first three children by the time she was twenty. "To be honest, reading was not important in my life for a long, long time," says Shannon. But now that she's a part of the local RIF group's Project Home Base, reading is a vital part of not only Shannon's life but her kids', too. Once a week, reading specialist Connie Stevens comes to the Tinajero home, bringing library books and reading games. "Connie showed me how to read to my kids so they enjoy it, even the eleven-month-old! First I turn the pages so they can look at the pictures. I make up my own story. Then I go back and read the words." It works. "Many times, I turn around and there's Nathanielle, my five-year-old, 'reading' to his three-year-old brother. It makes me feel terrific."

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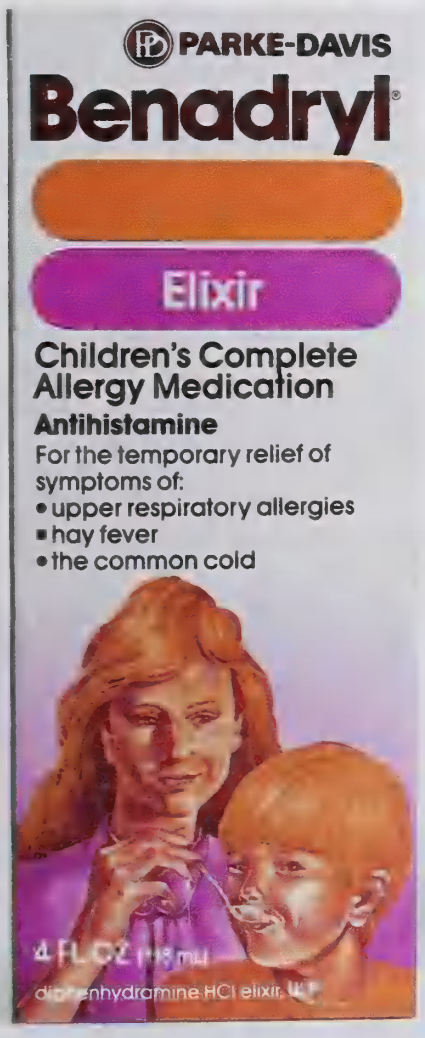

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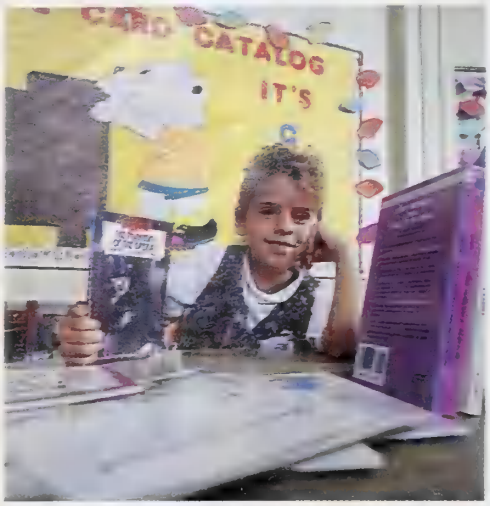
(continued) coordinated athlete, but, because he's unable to control a pencil properly, he has illegible handwriting. Still another may be able to solve a math problem on Thursday but



Librarians can help kids choose books. Above, Amber Dugger, eight, San Diego

be unable to do it on Friday.

LHJ: How common are these problems?

Vail: As much as 20 percent of the general population has some type of learning problem. Unfortunately, the term has been so overused—and misused—it's practically lost its meaning. Worse, for many parents and students, it's become synonymous with failure. And, of course, failure is so easy to see. That's why so many parents and teachers concentrate on the child's problems and forget his talents. I prefer the term learning *differences*; it's much more positive. And parents *should* be optimistic. Nine times out of ten, these kids show tremendous talent in other areas. Many of the world's greatest intellectual, artistic and scientific contributions have come from those who had severe academic problems.

LHJ: What causes these learning differences? Are they lifelong problems?

Vail: Researchers are still not absolutely sure, though they are presumed to be due to a difference in brain structure in the developing fetus. Some of the latest research seems to indicate that the level of testosterone in a pregnant woman's body may somehow affect brain development in the fetus. While patterns of strength and weakness are lifelong, a child can learn to compensate. This is why early recognition and proper class placement is crucial. A child's whole view of himself as a worthwhile human being is heavily influenced by his initial school experiences.

LHJ: Why have we always assumed that boys were afflicted with learning problems more often than girls?

Vail: Two main reasons. The first has to do with teacher prejudices. Boys tend to be boys: If a five-year-old boy is frustrated because he's having difficulty reading or writing, he will likely act up or disrupt a class. A teacher is going to notice that kind of behavior sooner than she will the quiet, compliant little girl who may be just as frustrated but is holding in her feelings.

But we're also learning more about the different kinds of learning problems, and this, too, may account for the perception that boys, rather than girls, are more at risk. Boys may have trouble with poor handwriting, remembering what sounds the letters make, recognizing words on sight, spelling; they'll get numerals

ward, confuse plus and minus signs. Such problems with the anics of symbolic language typically show up when a child first s to read. On the other hand, while girls often have an easier time the mechanics of reading and writing, they are just as vulnerable ys to disabilities in the areas of comprehension and organization. e are the kinds of disabilities that show up in third or fourth grade.

What are the red flags parents should watch out for?

There are certain problems that parents may notice. Of course, I emphasize that all kids may have these problems from time to Just because your five-year-old reverses his *S*'s or *J*'s doesn't he has a learn- lisability. But if in problems occur consistent pattern a period of time, f a child appears struggling with ning, parents d take note. For a of five or six, a ip-offs might in-

rematurity. Pre- re birth is an im- nt red flag that nts often forget to ion, particularly discussing grade ment. Let's say a ol has a Septem- utoff date for kin- rten entry. Par- of a child born in st, two months ature, may want child to start ol in September. ever, develop- ally, he may be months behind. *ifficulty remem- g words he wants se.* Does he be- easily frustrated he can't remem- furrowing his as he tries to re- a word? ■ *Fre- t middle-ear in- ns as a toddler,* his language just developing. *sence of word* Does he fail to rhymes or relish age? Does he dis- itting and looking oks, hearing sto- ■ *Late talking.* children by the of two can combine two words: Mommy go, Baby bye-bye. A who can't may be at risk. ■ *Problems in school*, even though the is bright. Don't just accept a poor grade. Ask questions. You have a teacher who is unfamiliar with learning differences.

Will the school provide the help a child needs?

Legally, every school system must provide an evaluation as well ecial help for children with learning disabilities. In reality, only t 20 percent of school systems have facilities I'd consider top- n. Seventy percent have adequate systems and 10 percent are a ter. In many cases, children are caught in a terrible catch-22. Some school policies dictate that a child cannot qualify for remedial help unless he or she is two years below grade level. Many kids fall somewhere in the middle: too strong to qualify for help but too weak to manage without it. Parents have to be effective advocates for their child. That means walking a fine line between demanding what you know your child needs and not getting into a fight with the school about it.

LHJ: Where should parents go for help? Is the pediatrician a good first step?

Vail: If parents have a hunch that something is wrong, they should trust their gut and get their child tested. The sooner you get an accurate diagnosis, the sooner you can find the proper help. While some pediatricians may be familiar with the field, in my opinion, most aren't. And if they aren't, they may pooh-pooh a parent's concerns, telling you, "He'll grow out of it." Instead, find someone who can give your child a comprehensive psychoeducational evaluation. This includes the child's developmental history, current achievement levels, an IQ test and screening for learning disabilities, as well as psychological or neurological testing if necessary. The best place to go is the nearest teaching hospital or medical clinic. Tell them exactly what you want; ask what facilities they have for testing or if they can refer you to someone else. The guidance counselor in your child's school may also know where to go. Or contact the Orton Dyslexia Society for information (800-ABC-D123). Testing is expensive but costs vary widely: A comprehensive exam by a top specialist in the New York City area may run you $1,500. But all or part of that cost may be covered by your medical insurance. Or, if you go to a teaching hospital, they may charge on a sliding scale.

LHJ: What's the most important advice you can give parents of children with learning problems?

Vail: There is more to life than school. Help your child find his own talents, and celebrate those talents. Over and over again, when I ask kids who struggled with learning problems what helped them most, they tell me one thing: "My parents believed in me." ■

For more information, write RIF, 600 Maryland Avenue, SW, Suite 500, Washington, D C 20560.

PARENTS' JOURNAL

When a child says, "I'm ugly" ■ Growing into fatherhood ■ Children and war ■ Pediatric healthline

By Mary Mohler

WHEN CHILDREN FEEL THEY'RE UGLY

BY LAWRENCE KUTNER, PH.D.

Even the most attractive children at some point say they don't like something about the way they look. "My nose is too big!" "My ears stick out!" "I'm too fat!"

There are times when children's complaints that they are fat or ugly are simply cries for reassurance that they are worthy of love. But often there's a hidden message. Finding fault with their physical appearance may be a safe way for children to account for larger problems.

Divorce, for example, is one of the most common triggers for self-deprecating comments. Young children are likely to assume that parents split up because of something they did. While some children will talk in terms of "never being a bad boy again," for others, the thought that they might have been able to prevent the breakup is too threatening. They therefore decide that they were responsible for the divorce, but for reasons they could not control. They were too short or too ugly or had red hair.

Children's self-disparagement may also reflect the way they interpret how their parents view themselves. For example, pediatricians and psychiatrists regularly report seeing children of normal weight who believe they are fat. Often these children come from families in which a parent is concerned about weight. The children have simply internalized the parent's concern and have accepted it as what they should be feeling.

Among older children and teenagers, self-deprecating comments may be a sign that they are uncomfortable with their own strong emotions. Rather than express their discomfort or confusion directly, they turn their frightening feelings toward their faces or bodies. It is easier for a teenager to believe that his nose is ugly than to admit the "ugly" feelings of anger he has toward someone else.

Of course, there are some adolescents who have valid concerns about their looks and for whom cosmetic surgery can make a significant difference in how they feel about themselves. The problem is determining ahead of time which children will benefit and how realistic the child is about the short-term physical and social changes expected from an operation.

What, then, can a parent do to help a child develop a more positive view of himself?

- Recognize that when children do make self-disparaging remarks about themselves to you, it usually means that they're ready to talk about other things that are bothering them.
- Begin by accepting your child's feelings. If you say, "That's ridiculous! You're beautiful!" the child will probably simply stop talking and shut you out of his or her emotions.
- On the other hand, don't agree with the child too quickly. If a boy complains that his nose is too large, replying that he can have it fixed later will simply reinforce his belief that there's something fundamentally wrong with him. If a child said he thought he wasn't lovable, what parent would respond with, "Let's wait a few years and then see if we can do something to make you more lovable"?
- Ask the child why his or her ears or nose or weight is a problem. Did someone say so? Has the child just been rejected for something else? Often, simply allowing children to express their feelings is enough to make the concern go away.

THE SECRET OF DEALING SUCCESSFULLY WITH A CHILD IS NOT TO BE ITS PARENT.
—MELL LAZARUS

WHAT'S YOUR TOUGHEST PARENTING PROBLEM?

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PARENTS' JOURNAL

ENDINGS, BEGINNINGS

BY SALVATORE GENTILE

ONE FATHER'S STORY

One month into his eighty-third year, my father went to sleep and never opened his eyes again. He died alone: a disgruntled, crotchety old man whom life had bested on more than one occasion. He managed, however, to keep intact his sense of humor and when he chose to, could unleash a smile that would light up a room. Or break your heart.

Twelve weeks after he died, on a steel-gray morning, his granddaughter came into the world and brought part of him back with her. She came at a time when I had just crossed the threshold of middle age; at forty-one, the confrontation with mortality frightened me. My daughter's arrival heightened that fear.

I was already set in my ways, and fatherhood had come as a surprise. After several costly and somewhat embarrassing tests, a specialist had concluded that my odds of becoming a father were minimal. When my wife told me the odds had just improved considerably, I was in no mood for congratulations. Though she was sure we were doing the right thing, I had my doubts. It wasn't just fragmented sleep and nocturnal feedings that worried me. Beneath the physical demands lay much more subtle and far-reaching emotional ones.

Friends who already had kids confirmed my worst fears. They talked nonstop about how parenthood had forced them to adjust. They spoke about eating out or seeing a movie as if it were a religious experience. Harried and disheveled, they'd become caretakers, live-in help with no lives of their own. The morning our daughter was born, I drove to the hospital certain that a similar fate was about to overtake me.

And for the first few months, I hated fatherhood. Each night, I'd

look at my daughter's face, porcelain-smooth and innocent, her thumbnail features twitching as she breathed, and saw the next two decades compromised, filled with diapers and teething pains. More disturbing, I saw my father all over again, the man who'd been a responsibility for as long as I could remember; exigent and inflexible; covetous not only of my affection but of my time. He was gone, and I'd switched roles, but the pattern seemed destined to repeat itself.

In the beginning it did. In the beginning, fatherhood seemed hardly better than indentured servitude—a succession of painfully mundane chores with no end in sight. And never a hint of gratitude.

Then one evening when my daughter was about four months old, the improbable happened. While I held her on the changing table, coaxing wobbly legs into baggy pajamas, the little usurper turned to me and smiled—without warning and only for an instant, a coy smile that barely reached the corners of her mouth. As she did, brow wrinkled and chin puckered, in the dusk she suddenly reminded me of someone else, someone who wrinkled his brow the same way whenever I used to give him a shave. Who couldn't keep his legs steady either when I changed his trousers. And who grabbed my neck with equal ferocity whenever I kissed him.

I spent a long time in my daughter's room that night. I sat beside the crib and stared at her, the way I used to stare at my father in the hospital. I watched her curl into a ball just like he did, huddled against the bed railing.

Early the next morning, in the half-light that dissolves shapes into shadows, I found her at the opposite end of the bed, her clothes damp and the sheets crumpled beneath her stomach. Just like I used to find him. Startled, she rolled on her back, arms outstretched, fingers reaching for my face, head cocked to one side, gurgling happily. Irresistible. And always that smile, less tentative now. Infectious.

My father had that same infectious smile. I last saw it a few days before he died, when I brought him pastries and an oversize card. He didn't exactly know who I was, but he wolfed down the food anyway and propped the card against the water pitcher on his dresser. His eyes darted back and forth between the card and me, ravenous, telling me what he could never put into words. Then his lips stretched into a thin line, parted and became a smile that crept across his face. The way it used to whenever something made him happy. The way his granddaughter's did the morning I woke her up. ▶

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PARENTS' JOURNAL

UNDERSTANDING KIDS

BY LAWRENCE BALTER, PH.D.

My children are six and ten, and I'm becoming very concerned about what they see on television news—murders, earthquakes and, of course, the war in the Persian Gulf. What can I do to protect them?

Dr. Balter is a practicing psychologist and professor of applied psychology at New York University. He is the author of *Who's In Control?* (Simon and Schuster, 1989). His most recent publication is *Stepping Stones Stories* (Barrons, 1989 , 1990), a series of illustrated books for children.

Most things considered newsworthy are usually bad news—war, natural disasters and other gruesome events. And since news is designed for adults, the information and pictures children see and hear can be confusing and upsetting. Nevertheless, it is very difficult and probably unwise to shield them completely from such exposure.

Children are more likely to be distressed when they feel that they are in danger and that their parents are not able to protect them. One of your main objectives is to help your children feel less vulnerable. Remember, however, that not all news is equally disturbing to all children. Before you launch into a major effort to relieve them of their anxieties, be sure of their concerns; otherwise, you may exacerbate their anxiety rather than reduce it.

First and foremost, encourage your children to discuss what they are seeing and hearing. If they are afraid, try to get them to talk with you. Reassure them that the conflict is occurring in the Middle East, which is very far away, and bombs are not going to drop on their home.

When there is a big news event such as the outbreak of war, temporarily reduce children's exposure to the news. One way is to restrict their TV viewing time—but don't try to hide such events altogether from kids. When appropriate, watch and read news stories together. If you want to watch the six o'clock news, but you feel events are being presented in more detail than your kids can handle, by all means tape the program and watch it after they go to bed.

Becoming active can reduce feelings of helplessness and vulnerability. You can get your children to send letters to the troops overseas or to officials to express an opinion. In this way you also teach your children how they can make a positive contribution to the world.

Do not trivialize their worries. Instead, let them know that it is natural for them to have concerns. Although you should make every effort to help your children manage their apprehension, you may not be able to do so completely because some of their fears may be valid. However, make it clear that you will do all you can to keep them safe and secure.

PEDIATRIC HEALTHLINE

■ My four-year-old son is terribly constipated. Though he's toilet trained, he sometimes holds it in. How can we help him ?

Constipation is one of the problems parents call about most often, and though generally not serious, it can cause physical and emotional distress.

Constipation tends to occur at three peak ages. In one-year-olds, it may be associated with the switch from prepared formula to milk and a variety of new foods. Three- and four-year-olds, like your son, may become constipated following toilet training—due, perhaps, to some negative associations they may have with the process. Many are also so busy playing they see no reason to stop and go to the bathroom. And finally, around the age of six or seven, children may become constipated because they are reluctant to use the bathroom at school.

Once a doctor has ruled out any underlying organic causes, treatment is more or less the same. But remember, it can take four to six months for a child to become regulated, so be patient. The first step is to help your child clear his bowels, but never give him an enema or a laxative without checking with your doctor first.

The next step is to change his behavior so the condition doesn't return. It's a good idea to get the child in the habit of going to the bathroom after a meal and just sitting there for five to ten minutes. (He can take a book or small game with him.) In time, he will become aware of the need to go and act on it. Encourage him to eat a well-balanced diet, and give him undiluted apple and grape juice to soften the stool. Remember, too, that a child needn't have a bowel movement every day. —David Bailey, Ph.D.

ASK THE DOCTOR

Got a question about your child's health? Ask the doctors on the Pediatric Healthline of the Arnold Palmer Hospital for Children and Women, in Orlando, Florida. Call 800-727-9434 the first Wednesday of every month between six P.M. and nine P.M. Eastern time. This month's healthline is on April 3.

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HOW TO PROTECT YOUR FAMILY IN THESE HARD TIMES

In today's economy, we need all the help we can get. Introducing our new series of family portraits. This month: Steve and his wife live from paycheck to paycheck. How can they guarantee their baby's future?

By Michael J. Weiss

With their roots in economically depressed West Virginia, Lisa and Steve Mullett know full well the hardships that tough times can bring: job layoffs, business closings and personal tragedies. Now, a year after the birth of their first child, daughter Jordan, the young Harper's Ferry couple have even more reason to seek shelter from the current recession.

"We want to be protected from disasters," says Lisa, a twenty-four-year-old homemaker who recently took a job as a part-time office clerk. "We want insurance that will provide stability for us, that won't fluctuate if economic times get bad and that won't be outrageously expensive."

With an annual household income of $34,000—mostly from twenty-six-year-old Steve's job as an AT&T computer analyst—the Mulletts admit that their finances are already stretched pretty thin. Two years ago, they managed to buy a three-bedroom, $74,900 home in the Shenandoah Mountains with a 10 percent down payment, and earlier this year they bought a new Mitsubishi Galant for $15,800. (Luckily, though, Steve doesn't have to worry about losing his job. "There's more work than we have people to do it," he says. "It seems like I'm secure right now." A business major in college, he is studying at company expense for his master's in human resources development from American University.)

"Insurance is a must," says Steve, "especially with a new baby and a big mortgage." But how much insurance should his family have?

After paying their bills (see box, page 102), the Mulletts have only about $250 a month left for living expenses, so they've relied on AT&T's company plans for life, health and disability insurance instead of buying their own. Now they worry that it's not enough to provide for Jordan and a surviving parent.

"When we started going over what we had and didn't have, we were surprised," says Lisa. "If anything were to happen to either one of us right now, we'd be cooked."

Adds Steve, "We're living pretty close to the edge. Sometimes we feel a little scared."

The Mulletts are keenly aware of the necessity for insurance from the painful lessons of experience. During a period when Steve's father, a welder, had no health insurance, he underwent a gallstone operation that almost eliminated the family's savings. "So I can appreciate the value of insurance," Steve says. As a teenager, Steve was sued for more than $100,000 when he was involved in a minor car accident that the police *(continued)*

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HOW TO PROTECT YOUR FAMILY
continued

ruled was not his fault. His insurance company settled t
case for $3,000, but the incident left its mark. "Insurance
a must, especially with a new baby and a big mortgag
Steve says. "Without it, you can really get stung."

Like most young couples, the Mulletts were bewilder
by the cost and sheer variety of insurance options. E
with the help of Certified Financial Planner Nicolet Eva
president of Financial Planning Corporation of McLean,
McLean, Virginia, the Mulletts have devised a multifac
ed disaster plan: more disability coverage for Steve, a
increased life insurance for Steve and Lisa. Those t
steps, says Evans, will give the Mulletts security—*with*
straining their pocketbook.

"No one wants to be overinsured," she says, "but you
want to know that you're covered for the major ris
It's a fine line."

First, Evans looked at the disability coverage that St
already had: Like many companies, AT&T provides e
ployees disability coverage for 50 percent of their pre
salary, but Evans believes Steve should increase t
level, acquiring an additional policy that would
$6,000 a year (annual cost, $174).

"You're four times as likely to be disabled by age six
five as you are to die," Evans explains. "So that's a g
investment." There's another advantage for disability inc
from a policy a consumer buys on her own: It's tax-free.

Then Evans analyzed the couple's life-insurance co
age. There, too, she found some inadequacies. Altho
Steve receives $66,000 in company term life insura
Evans suggested that he double his coverage to the m
mum allowed, at a cost of $64 per year, and then secure

WHAT THEY EARN/WHAT THEY SPEN

Annual household income	
Gross:	$34,0
Net:	$28,0
Fixed monthly expenses	
Mortgage:	$6
Utilities:	$2
Child care:	$1
Car payments/Gas/Maintenance:	$4
Food:	$3
Clothes:	$
Entertainment/Travel:	$2
Insurance—Life/Auto/Homeowners':	$
Annual total:	$24,
Assets	
Savings:	$
Profit sharing:	$3,(
Mutual fund:	$
Total:	$3,

itional $100,000 coverage for $140 a year. For Lisa, is insured for just $6,000 under Steve's company plan, r adviser recommended another $100,000 policy for 3 yearly to cover child-care expenses. Buying these cies would enable the Mulletts to avoid relying on ily charity or public assistance in the event of a death. iven the slumping economy and today's litigious cli- e, Evans also recommended that the Mulletts buy still ther kind of insurance: an umbrella liability rider to r car and homeowners' policy, protecting their assets he event of an accident that could lead to a million- ar lawsuit.

ıt so far, Steve and Lisa have resisted buying that rage—mostly because of its $120 annual price tag. In their cash flow is already so strained that when zT's pay cycle recently shifted from weekly to monthly ks, the couple found it necessary to borrow money ı their parents to tide them over.

We're living one day at a time," says Steve. "Umbrella ility coverage is not one of our top priorities."

o afford the increased insurance the Mulletts do want, ns advises them to streamline their automobile cover- Currently, they own four cars—two Plymouth Colts, ld Ford Granada and their new Mitsubishi—because, isa explains, "it seems that every time I got in one of n it would break down. And if something were to hap- around here," she says, referring to her rural sur- ıdings, "I'd be stranded." Still, Evans thinks that the letts should have only two cars; selling the other two, says, would cut their $1,200 annual car-insurance pay- ts in half. "That's enough to cover their increased life- disability-insurance expenses," she points out.

ıe Mulletts also debated whether to buy a whole-life cy or a universal-life insurance policy that, in addition oroviding death benefits, builds cash value like any rest paying investment. But they eventually rejected e forms of insurance, figuring there are ways to earn ie interest on an investment.

the end, the couple decided to bypass buying extra ical insurance as well, deciding that AT&T's cafeteria- e medical plan—which allows them to tailor compre- sive benefits to their needs without high deductibles— adequate. "Medical insurance is a must for families ı young kids who fall down constantly," says Lisa, lling Jordan.

lso a must: a beefed-up savings account. Right now, e and Lisa have just $750 in the bank, and Evans has gested they gradually amass $13,000—enough for six ths' living expenses in case of an emergency. To do , the couple has already begun cutting back in a num- of ways: They're gradually eliminating expensive en- ainment and pricey vacations, and they're trying to eating meals out.

eve has also begun carpooling to work two days a k with a fellow employee who, like Steve, attends night ses. "Gas is $1.48 a gallon," he says, "and I realized if I didn't start doing something soon, it was going to osting me an arm and a leg." In addition, the Mulletts relying on the extra money Lisa's job will bring in this , and they save money in any other way they can think Around the home we never have a plumber," Steve "I do it myself."

espite their thriftiness, the Mulletts know it will be a haul before they'll be as financially secure as they t. Still, now that they've solved their insurance prob- s, they feel better able to deal with their other goals. going to take us a couple of years to feel comfortable," e says stoically, "but I know it will happen." ■

hael J. Weiss is a contributing editor of LHJ.

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CONSTELLATIONS

Carol and Nora seemed to be completely different, but as they faced the greatest changes of their lives, the sisters found out they weren't so different after all.

By Maryclare J. Heffernan

By the time my sister Nora's baby is ready to be born, there are almost no surprises left. We've known for months she's carrying a girl. We also know the baby's approximate weight, the circumference of her skull and the length from her miniature toes to the top of her head.

Nora has pictures; four black-and-white snapshots taken right through the thickness of skin and muscle into the warm darkness of her uterus. She is passing them around to Mom and me, pointing with her pinky at blurry smudges and calling them eyes, nose, spine and fingers.

"Look here, Mom," she says, leaning closer. "In this one she's sucking her thumb."

"Amazing," Mom says, shaking her head. "Here, Carol, you see if you can make this out." She hands me the picture, and for a second our eyes meet. "Nora says she's sucking her thumb, but it looks more like a slice of the Milky Way to me."

We're having this conversation in a hospital room. Not Nora's room on the maternity floor, as it would be in three weeks, but in Mom's room. On the oncology floor. I've been saving some vacation time for the baby's birth. I planned to surprise everyone and fly home for the celebration. In my bedroom closet back in Cambridge are packages filled with soft infant sleepers and lacy dresses so small I can't imagine any creature so tiny. I've already wrapped them in pink tissue paper and tied them with white satin ribbons that I know Nora would like.

I didn't think to bring the gifts with me last night as I was tearing around my apartment throwing clothes and makeup into a suitcase. In fact, I didn't think of Nora at all. In my head I was repeating Mom's phone call telling me that her doctor had found another lump in her breast. The good breast, the one left after her surgery last winter.

"But he told us they got it all," I said to her. "There can't be more. He must be wrong."

"It's there," she said. "He had me feel it."

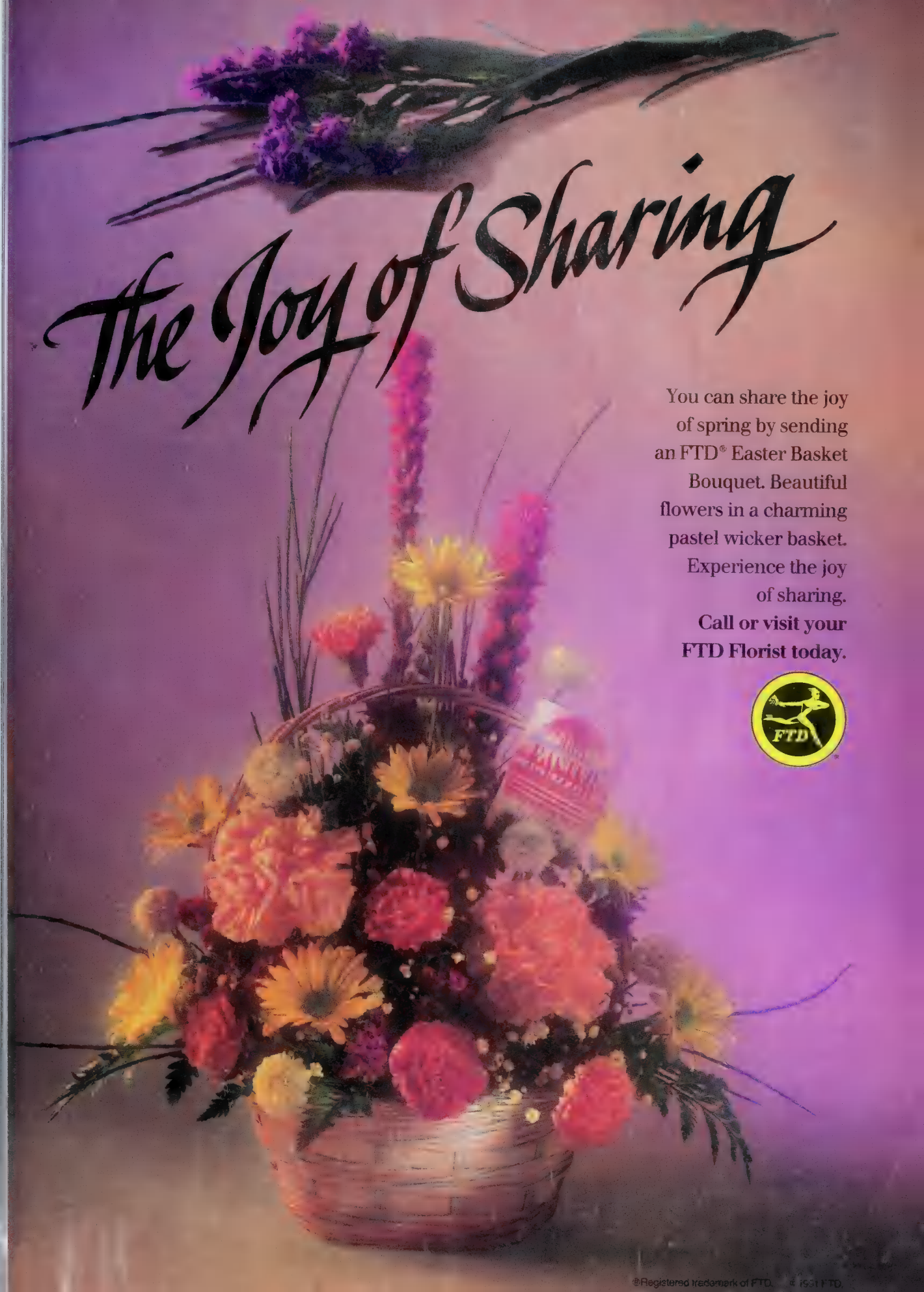
"How big?"

"I don't know, maybe the size of a sunflower seed."

"It's nothing, then," I said. I took a deep breath. "Something that small can't kill you."

"Carol," she said, "will you come home?"

I sit now on the edge of the bed, picturing this small center of danger in her breast. We've been through too much already. Ever since Dad died, life has taken on a fragility I've never felt before. I don't know how we *(continued)*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OFFICIAL RULES

1. On a 3" x 5" card, print your name, address, zip code, the baby's name and birth date. Include with your entry the following: either (a) a photograph of the named baby with a humorous, charming or appropriate caption pertaining to the photo or (b) a video cassette tape containing one minute or less of footage featuring the baby with a humorous, charming or appropriate title indicated on your entry or voice narrative included in the footage. **You must also include two proofs of purchase with your entry: UPC codes from JOHNSON'S Baby Wash Cloths, Swabs and Medicated Diaper Rash Ointment and Quality Seals from JOHNSON'S Baby Bath, Baby Lotion, Baby Oil, Baby Powder, Baby Shampoo and Baby Conditioner.** (Vermont, Arizona and Maryland residents only do not have to include proofs of purchase.) Entrant must be a U.S. resident and parent, relative or legal guardian of the baby featured in the photo/video.

2. Enter as often as you wish. Each entry must be different, mailed separately, and accompanied by a photograph or video. The baby pictured/videotaped must be no older than six years by May 31, 1991. The photo may be no smaller than 2 1/4" x 2 1/4" or larger than 8" x 10". The video must be VHS or Beta. Only one featured baby per photo/video. Print your name, address and zip code on the back of the photo or on the video cassette, along with the baby's name, birth date and caption (photo) or title (video). Photo/video must be in color. Do not send instant snapshots, slides, transparencies, professional or studio photos/videos. Do not write on the face of the photo. Include cardboard with photo submissions and secure outer packaging for video to ensure protection in the mail. Photos and videos become the property of JOHNSON & JOHNSON Consumer Products, Inc. with all rights, including the right to edit, publish and use any photo or video without further consideration or payment to the entrant or baby. No correspondence will be entered into, nor will photos/videos be acknowledged or returned.

3. Attach 3" x 5" card securely to photo/video (without defacing) and mail **with two proofs of purchase** to: Adorable Babies Contest, P.O. Box 2863, Young America, MN 55399-2863. Entries must be received by May 31, 1991. Entries that are illegible, altered or tampered with in any way will be disqualified. Not responsible for lost, misdirected or late mail.

4. Entries will be judged on the following criteria: charm and appeal of photo/video (0-35 points); originality and relevance of caption to the photo or title and/or voice narrative to the video (0-30 points); originality of pose and naturalness of expression (0-25 points); reproducibility of photo/video (0-10 points). Judges will only review the first one minute of any video and will not rewind the tape to the beginning to review. Winners will be selected under the supervision of The Independent Judging Organization, Inc., a subsidiary of Comart-KLP, whose decisions are final in all matters relating to this contest. By entering contest, entrants accept and agree to be bound by these rules and the decisions of the judges which shall be final.

5. Twelve photo and 12 video semi-finalists' entries are scheduled to be shown on the JOHNSON & JOHNSON Adorable Babies TV Special, scheduled to air on the Fox Broadcast Network in September 1991. Grand through Third Prize winning entries are scheduled to be selected on the TV Special by a panel of judges. Fox Broadcast Network reserves the right not to provide the TV Special or if produced not to air it. There is no warranty, representation or agreement that any footage containing any entrant will be broadcast or used. In the event the TV Special is not produced, judging will be handled by The Independent Judging Organization.

6. **Grand Prize** (2 winners): Four year CollegeSure® Scholarship beginning on July 31st the year the child turns 18. Estimated Future Value (EFV) at full term redemption $28,077. Grand Prize winners will appear in JOHNSON & JOHNSON advertising in 1992. **First Prize** (2 winners): Three year CollegeSure® Scholarship beginning on July 31st the year the child turns 18. EFV at full term redemption $20,045. **Second Prize** (2 winners): Two year CollegeSure® Scholarship beginning on July 31st the year the child turns 18. EFV at full term redemption $12,730. **Third Prize** (2 winners): One year CollegeSure® Scholarship beginning on July 31st the year the child turns 18. EFV at full term redemption $6,068. **Honorable Mentions** (100): $100 U.S. Savings Bond (Present Value $50). All prizes awarded in each prize level will be equally divided among the photo and video categories. All scholarships and savings bonds shall be awarded in the name of the featured baby. All prizes are non-transferable and not redeemable for cash or other goods. The Grand Prize winner babies who appear in JOHNSON & JOHNSON advertising will not receive any additional compensation for their appearances. Each entrant will receive a coupon book valued at over $30 (over $5 on favorite JOHNSON & JOHNSON brands and a $25 certificate good toward the purchase of a $1,000 CollegeSure® CD from College Savings Bank, Princeton, N.J. Member FDIC) and a free growth chart. The first 15,000 entrants whose eligible entries are processed will also receive a Gund® bear puppet (approximate retail value $25).

7. All prizes will be awarded. No substitution of prizes permitted. All winners will be notified by mail. Only one prize per individual or family. As a condition of being selected a winner, entrants, parents or legal guardians of the selected baby will be required to sign an Affidavit of Eligibility/Publicity/Liability and Release and entrants must execute such "customary appearance" releases and other documents as Fox/JOHNSON & JOHNSON may request within five business days and must comply with all reasonable instructions, rules and regulations of the program producers. All state and federal regulations apply. Taxes are the sole responsibility of the winners.

8. Employees, and their immediate families, of JOHNSON & JOHNSON Consumer Products, Inc., Comart-KLP, Irvine Associates, Inc., Fox Broadcast Network, Young America Corp. and their affiliates and subsidiaries are not eligible. Professional child models, professional photographers, or [illegible] that have been published, or that have won an award in [illegible] contest are not eligible. Contest void in Puerto Rico and where prohibited.

9. For a Winners List, send a self-addressed stamped envelope by November 29, 1991 to: Adorable Babies Contest Winners List, Box 2825, Young America, MN 55399-2825.

CONSTELLATIONS
continued

can begin this journey again.

I turn away from the two of them and begin rearranging the small collection of belongings on the night-stand. Hospital things mostly: scratchy tissue in a flat blue-and-white box, a small stack of paper cups next to a beige plastic water pitcher, a bag of butterscotch candies Nora bought at the gift shop and Mom's eyeglasses. I lift the items one by one. "Where's the case for your glasses, Mom?" I ask.

"I forget," she says, shifting on the bed next to me. "Maybe you should look in my purse."

I find her purse in the bottom of the closet. My fingers touch the brocade cloth of the eyeglass case and then a smooth, flat surface of glass.

"You brought an old picture of us," I say, going back to the bed. "Look, Nora. Remember this?"

"I packed that at the last minute," Mom says.

"Look at Daddy," I say. "Wasn't he handsome?"

"And you, Mom," Nora says, leaning over my shoulder. "How did you ever manage to keep such a good figure after two pregnancies?"

The picture is black and white, taken on an Easter Sunday morning when Nora was still small enough to be held. I remember feeling impatient and uncomfortable in my new patent-leather shoes and white straw hat with a too-tight elastic strap under my chin. Even then I looked disheveled, my hat at an angle, my lace socks falling down around my ankles. Nora looked as sweet as a baby-soap advertisement. Curls framed her forehead in perfect order, ruffles peeked out from her dress in neat rows.

We were all touching each other. Dad is cradling Nora easily with one arm, the other rests around Mom's shoulders. Mom is leaning against Dad with both of her arms clasped together in front of me. For an instant I can almost feel the warm pressure of her holding me against her chest.

A nurse comes into the room and smiles at my mother. She doesn't look at Nora or me. "You'll be going downstairs to surgery in a few minutes, Mrs. Richards," she says, glancing at her watch. "I'm going to give you an injection that will make you sleepy. Do you have any last-minute questions?"

"How long will I be gone?" Mom asks.

"Oh, quite a while." The nurse holds the needle up as if to inspect it for flaws. "Your girls might as w home. We can call them when out of recovery."

I stand up and move out of th "We prefer to wait here," I say. we, Nora?"

She's leaning back against the one hand holding her baby's pi the other pressed flat against he abdomen. "Of course," she says. be right here."

After Mom's gone to the ope room, Nora leaves to call her hu Steve. She wants to remind h pick up the baby car seat at th on his way home from work. It tells me, the last thing they Everything else is ready.

Mom told me once when Nor Steve had started dating that h the wrong sister. "He's much mo you, Carol," she said. "His car is with old soda cans and doughnu and dirty sneakers. His shirts a ways wrinkled. Nora will driv crazy."

"Opposites," I said. "Positive negatives. Remember the the They'll do fine. Besides," I adde ing I should defend myself fro image of me, "I'm looking for so who has his nails manicured a car waxed once a week."

"I don't know," she said. "They different. Can you imagine then ing a baby?" We both laughed, ing it was too far-fetched to ever happen.

I haven't seen Steve since last mer when he and Nora Fourth of July barbecue at house. Mom was almost herself that day. She sat in the shade o sugar-maple tree and sipped a b have never tasted anything so she said. "When I was sick, ever tasted like lima beans. I thou never enjoy eating or drinking But today," she said, laughing, I believe I've won this battle."

She was wearing a pink flo sundress and a straw hat. Und wide brim of the hat, strands c new hair showed softly again face. I remember watching he thinking that she had never more beautiful.

I lie down on her hospital bed t Nora's pictures are on the stand. I pick one up and look fully at this constellation of ne At first I see nothing recognizab gradually a face begins to take sh lean closer to the window, holdi unborn niece to the light. I find head, then the space where he must be, then her eyes, and fi can see that Nora's right, *(cont*

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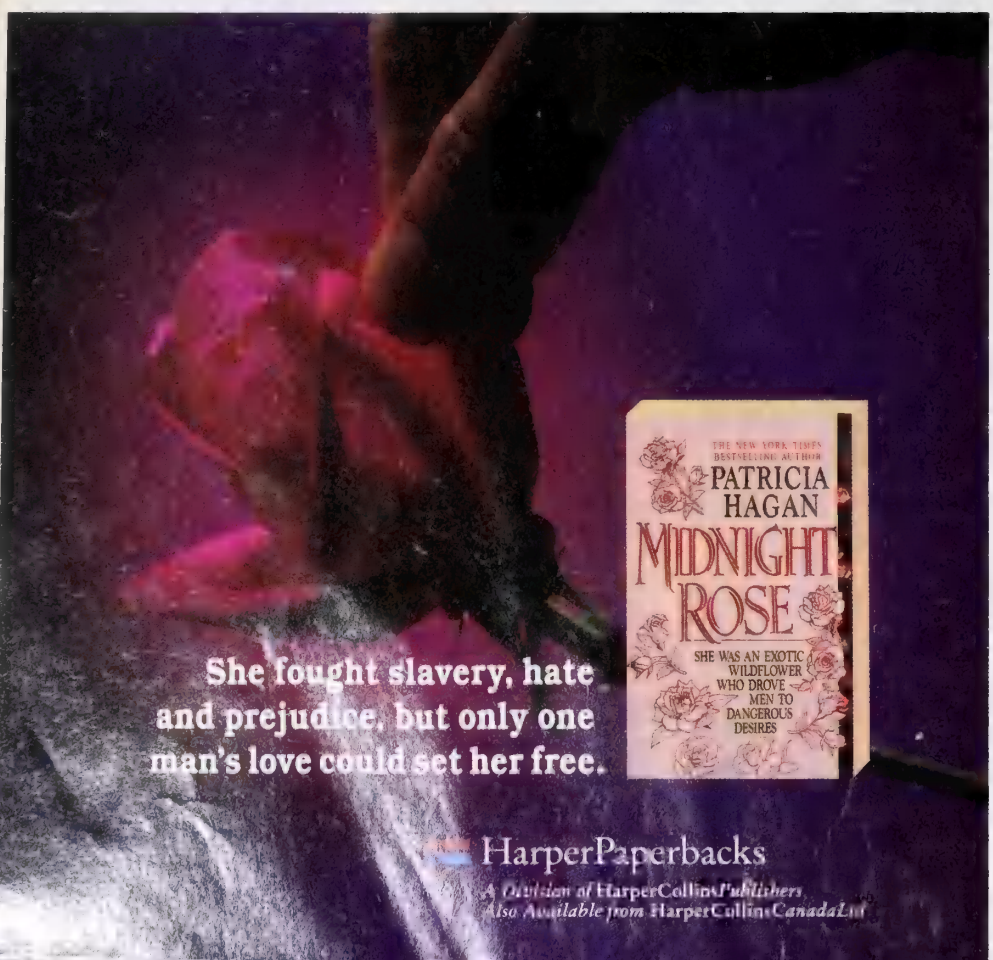

CONSTELLATIONS
continued

she's sucking her thumb.

"What in God's name are you d in that bed?" Nora asks from the way. She looks quickly around she expects someone to come in discover me. "Get up. It isn't rig be in someone else's hospital bed.

"I don't care," I say. "I didn't all night."

"Well, I didn't either." She c and stands at the bottom of the "Now that the baby's so big I can comfortable anymore."

"Is it horrible being that pregn

"Sometimes," she says, sitting fully near my feet.

"I don't know if I could do it," pulling the pillow up under my he I can see her better. "I hate pain.

"It can't be all that bad." She back on an elbow. "After all, Mo it twice. She never said it was terrible." She looks quickly at "Did she?"

"She said they knocked her ou all she remembers is having crazy versations and pushing. Besides says you forget all pain after a v She told me that after she ha mastectomy."

"Why does she tell you things that? She never talks to me about ous things."

"Maybe you never ask."

Nora sits up straight and shift weight on the bed. She runs her h over her stomach.

"God, you're huge."

She looks down at herself and s taller. "You should see me nak keep wondering if I'll ever be the again."

"I'm sure you will," I say. "So, are you naming her? Or haven' made up your mind yet?" Namin baby has been a source of disa ment between Nora and Steve, suspect would be happy with the Dodo. But Nora wants names Ophelia or Katerina, and unchar istically, Steve has refused. "T too fancy," he whispered to me Fourth of July barbecue. "The po will grow up thinking that sh princess."

"No," she says. "We haven't agreed on a name."

"Well," I say, stretching, and c my eyes, "you've got three weeks ty of time for that. I'm going to re eyes for a minute." I turn on my "Why don't you go on home? I' you later when Mom's awake."

She doesn't answer me, but I fe foot of the bed lift as she stan "Go ahead," I say. "There's n you can do here." *(cont*

"Of course, it's real!"

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(continued) "I know Mom wants you here, Carol," she says so softly I open my eyes to see where she is. "But I want to be here, too. Even if she doesn't care."

"That's ridiculous," I say.

"It isn't. You two are much closer."

"You're wrong. Besides, you have Steve," I say, sitting up and looking at her. "And the new baby. I have no one but Mom."

"I try to talk with her. I've told her all about this pregnancy. Every step of the way," Nora says. "I call her and tell her, 'This month the baby's growing eyes' or 'Now we're at the brain-development stage.' I just don't think she cares. She acts like it doesn't matter."

"What about her?" I ask. "Do you ever think to ask her how she is? All you think about lately is that baby." I turn away from her and look out the window.

"That's not true," she says. "I think about her all the time."

"Then tell her."

"I can't."

"Why not?"

"I'm afraid I'll cry."

I turn and look at her. Nora doesn't cry. Not ever. Not when Dad had his heart attack and died five years ago or when Mom first learned about her cancer. She holds it in and waits for all deep emotions to fade away with time. I used to think one day my sister would explode from the effort of carrying such built-up burdens around, but she hasn't. In fact, as time goes on she seems to be even more and more in control of her feelings.

"You won't cry," I say.

"I'm so afraid she's going to die." She moves closer to me. "I'm afraid the baby won't know who she is. That all she'll have of her grandmother is our stories."

She is standing in front of me. I lean back and lie looking at her stomach. She breathes in suddenly and puts a hand on her side.

"What's the matter?"

"The baby moved. It's just that she's so big now it's like having a prizefighter inside me." She glances down at me for a moment. "Would you like to feel her?"

I reach out. She lifts her blouse and presses my hand against her side. "I think her knees must be here," she says. "I get kicked in this spot all the time."

I lie still and wait. The warmth of her skin surprises me. "This happens all the time to Steve," she says. "The minute he puts his hand on my stomach she stops moving."

I feel nothing. "Maybe she's sleeping," I say, beginning to pull my hand away.

"No. Wait." She tightens her grip on my hand. I focus on the curtains at the window. Then the rooftops beyond the glass panes. I picture Mom lying here after her surgery. I wonder what she'll think about while she waits to heal again, hoping this time the doctors finally got it all.

The sky is blue and clear. No clouds in sight. A jet enters my view from the left side of the window frame. It's climbing, a trail of white exhaust marking its ascent. I think of the people on board. I picture all of them going somewhere hopeful. And then, suddenly, I feel it. A pushing against my palm. I look at Nora. She's smiling.

"Did you feel her?"

"My God," I say. "That's amazing."

"You're the only one who's felt her move."

"Not even Steve or Mom?"

"Nope." She steps back and smooths down her blouse. "They don't have the patience."

"Nora."

"What?"

"You must get so tired. Carrying her around all the time."

"Yes," she says. "I guess I do."

"Come here," I say, shifting over. "Lie down with me while we wait."

"Oh, no. We shouldn't. What if a nurse comes in?"

"Nurses have mothers who get sick. Nurses understand what we're going through." I pat the mattress. "Lie down."

She looks toward the door but leans closer to the edge of the bed. "Remember when we shared that little bed on Lilac Street?" she asks. She picks up Mom's picture. "This was the first house Mom and Dad bought. How old were we?"

"I was six. You must have been about three. You used to wet the bed. I remember it clearly."

"I couldn't help it." She laughs.

"Well, don't yell at this baby when she wets her bed or I'll tell her about you."

"I thought you were wonderful," she says, looking at the picture.

"You did?"

"You never wet the bed. And you could multiply before I could add, and," she glances at me, "you told me stories at night when I was scared and couldn't go to sleep."

"I don't remember telling stories."

"Well, you did. You used to rub my back and tell me wonderful stories until I fell asleep."

"No kidding," I say.

"No kidding."

She puts the picture on the nightstand and then carefully props one of her baby's pictures up against the frame.

"She'll be a beautiful baby," I say.

"Maybe," she says, smiling at me, "she'll be a little bit like all of us."

She comes over and lowers herself onto the bed. "I'm hard to sleep with," she says. "Especially eight months pregnant."

We lie face-to-face, sharing the same pillow. I smile at her. "Wait until we tell Mom we slept through her operation."

"She'll be glad."

"Do you think she'll be okay?"

She looks at me. "I don't know."

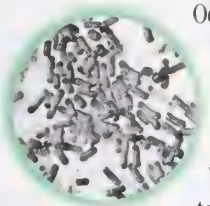
"I'm so afraid she's going to die," I say.

"I know." She reaches out and puts an arm around me. Slowly, gently, she begins to rub my back. I put my hand against her stomach and close my eyes. And in that last moment, before I fall asleep, I think I feel again the faint flutter of fingers or toes. I think, for a quick second, that somewhere between my sister and me, in a place we can't quite see, I feel new life. ■

"I know Mom wants you here, Carol," she says so softly I open my eyes to see where she is. "But I want to be here, too. Even if she doesn't care."

This is Maryclare Heffernan's fourth story for Ladies' Home Journal. Her first story for LHJ was the winning entry in our 1985 Dream Writer contest. She lives in New Hampshire with her husband and four children and works as a special-education coordinator.

Like most creatures, bacteria have a preferred natural habitat.



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ROLLIN' DOWN THE RIVER

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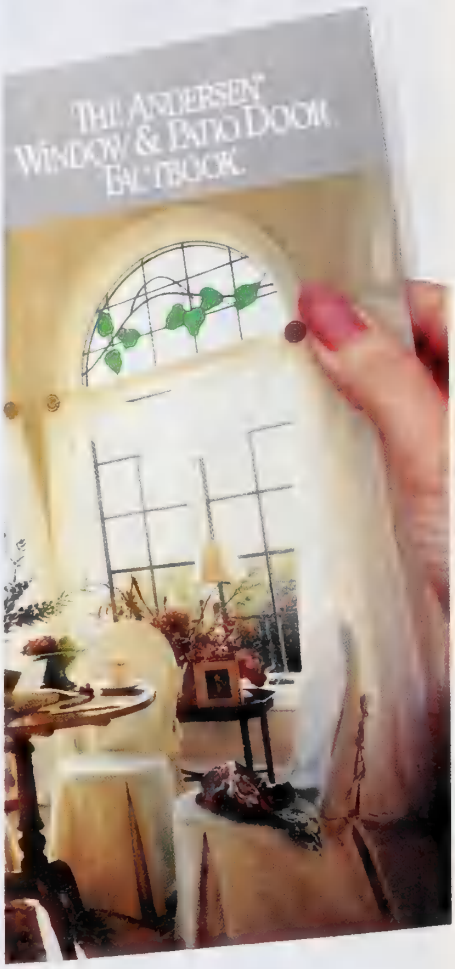

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Prep time: 35 minutes plus cooling
Baking time: 25 to 30 minutes

Burnt Sugar Syrup
- ¾ cup granulated sugar
- ¾ cup boiling water

Cake
- 3 cups sifted cake flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- ⅔ cup butter or margarine, softened
- 1 cup granulated sugar
- 1 teaspoon vanilla extract
- 2 large eggs, separated
- ¾ cup milk

STYLE

AMERICA THE BEAUTIFUL

The mood of the moment is patriotic, from fashion to furniture to food, proving stars and stripes *are* forever. **By Linda Fears**

ing
cup butter or margarine, softened
box (16 oz.) confectioners' sugar
Pinch salt
teaspoon vanilla extract
cup reserved Burnt Sugar Syrup
to 2 tablespoons heavy cream

Sugar Syrup: Heat sugar in saucepan over um heat until melted and syrup is a deep r color, about 8 minutes. Remove from heat; ually stir in water. (Mixture will bubble rously.) Cool. Measure ½ cup syrup for cake.

Preheat oven to 375°F. Grease two 8-inch d cake pans. Combine flour, baking powder salt in medium bowl; set aside. Beat butter sugar in large bowl until fluffy, 3 minutes. ually add the ½ cup Burnt Sugar Syrup. Add la and egg yolks, beating well. Add flour re alternately with milk and beat until th. Beat egg whites in small mixer bowl to peaks. Gently fold whites into batter and into prepared pans.

ke 25 to 30 minutes, until cake springs back e touch. Cool 10 minutes. Remove pans; cool letely. Frost cake. Makes 12 servings.

ing: Beat all ingredients except cream until . Gradually add cream, beating to desired ding consistency.

Tom Eckerle; prop stylist, Ceci Galini; food stylist, J. M. Tack; illustration, David Croland.

● It's a grand old flag: The Lane Company has turned a traditional cedar chest into a patriotic work of art. An 1870s farm gate inspired this splendid design from Lane's America Collection. Details, P.S. 8.

● Show your true colors: American ers like Perry Ellis and Ralph Lauren, and nies like North Beach Leather, are featuring g. Red, white and blue is hot—look for ll caps, striped tees, and denim jeans and hirts, as well as other classics like varsity , penny loafers and white bucks. ▶

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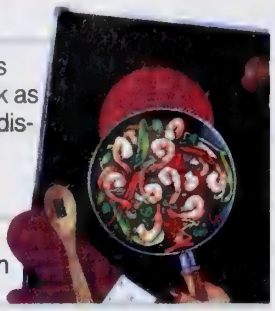

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experts questioned the safety of aluminum cookware several years ago, after traces of aluminum were found in the brain tissue of patients who had Alzheimer's disease, tests found that cooking with aluminum pots and pans caused an insignificant increase of the aluminum levels in food. Today, most health experts say that there is no reason not to use aluminum cookware.)

Cooking pros recommend Cuisinart Commercial cookware, which has a copper disk on the bottom sandwiched between two layers of stainless steel, and Magnalite's Professional line, a mixture of aluminum and magnesium. During tests, both earned the highest ratings from *Consumer Reports* for heat distribution—the key measure of a pot's effectiveness. Magnalite is also stick-resistant; Cuisinart is dishwasher safe. Plus, most combination-metal cookware looks good enough to

Cuisinart Commercial cookw as attractive as it is function

go from stove to table.

Cast iron heats uniforml perfect for browning o ing. However, it rusts and is difficult to maint Creuset, a French line iron cookware, has sol problem: Pots and pa lined inside and out wi to-clean enamel. The c is expensive but shoul lifetime—the company 101-year warranty. (A Le Creuset frying pan re about $80; a five-an quart Dutch oven sells proximately $150.) Like iron, the sheer weight

HOW TO BUY SMARTER

QUALITY COOKWARE

Stock up on first-rate pots and pans to make the most of your recipes. Here's an expert guide. **By Deborah L. Jacobs**

With today's emphasis on healthy eating and the growing interest in ethnic cuisine, the kind of cookware we use is more important than ever. Whether you're stocking your kitchen for the first time or upgrading, there's a variety of options available.

Heavy metals. For all-around performance, convenience and durability, many experts consider combination-metal cookware to be the best. Copper and aluminum, the top heat distributors, are now combined with easy-to-clean substances, such as stainless steel or magnesium. Some manufacturers embed a copper or aluminum disk in the bottom of the pans, under layers of stainless steel; others line the pans with stainless steel; a third type is an alloy of aluminum and magnesium. (Health tip: Because copper is too toxic to cook in, *always* make sure that any copper pan you buy is lined with a less reactive substance, such as stainless steel. Aluminum, however, seems to carry little risk. Although some

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ROLLIN' DOWN THE RIVER

If you're looking for a good old-fashioned vacation that's both fun-filled and relaxing, consider spending a week cruising down the lazy Mississippi on the paddlewheel steamship the *Delta Queen*.

By Susan Kittenplan

After eighty-five voyages up and down the lazy rivers of the Midwest, Bobbie Meyer of St. Louis is still crazy about the *Delta Queen*. "People always ask me why I don't go somewhere else on vacation. I say, this is the smoothest, most comfortable trip in the world. That's why I love her, my beautiful steamboat."

Bobbie is probably the premier member of the Paddlewheel Steamboatin' Society of America, a group of passengers who have repeatedly traveled on this two-hundred-eighty-five-foot, sixty-four-year-old river traveler listed on the National Register of Historic Places. Bobbie, whose mother held the record with one hundred twenty-five voyages, hopes to make one hundred trips aboard this venerable lady—whose owner, the Delta Queen Steamboat Company, recently celebrated one hundred years in steamboating.

Cruises aboard the quaint *Delta Queen* and her sleek and modern sister boat, the three-hundred-eighty-two-foot, fifteen-year-old *Mississippi Queen*, will run through New Year's, with three- to twelve-day river cruises available. The only two overnight steamboats operating on American rivers, these boats run almost the full navigable Mississippi from St. Paul to New Orleans, as well as the length of the Ohio (Pittsburgh to Cairo, Illinois) and varying cruises to Nashville and Chattanooga via the Cumberland and Tennessee rivers.

While the lively *Mississippi Queen* offers standard cruise fare, such as a swimming pool, an exercise room and beauty salon, the *Delta Queen* offers a chance to recapture an era long since passed—the stately, languid charm of old-fashioned river travel. Everything about the boat's decor sparkles—from the teak handrails of the main staircase to the Tiffanyesque stained-glass windows. The staterooms are compact but tasteful, complete with polished brass beds and warm paisley curtains.

With cruising speeds of up to a hair-raising thirteen miles per hour downstream with the current, life aboard the *Delta Queen* is slow and easy. Many passengers carry binoculars, observing migrating birds, the greenery and the small quaint towns along the riverbanks.

There are many organized activities available, both on board and ashore at the various ports of call. Scavenger hunts, kite-flying, jigsaw puzzles, singalongs and Victorian arts and crafts are part of the *Delta Queen* itinerary. And in addition to the two stationary bikes aboard, there is Eleven at Eleven, a mile-long brisk walk of eleven laps around the deck at eleven o'clock in the morning.

You'll need the exercise to walk off the abundance of food served around the clock. Full breakfasts include eggs, pancakes, cereal and fruit. The lunches are hearty, offering Beef Wellington and Chicken Cordon Bleu, complete with soup, salad and dessert. At mid-afternoon you'll be treated to a tea or a so-called light snack, with fried shrimp, Creole-style rice, finger sandwiches and corn on the cob. Dinner boasts elegant international dishes. There are also HeartSmart (low-cholesterol, low-fat) menus available, and the courteous staff will bend over backward to fulfill any special requests.

Ports of call on the *Delta Queen* itinerary include small riverside towns that offer antiquing and gift shopping

And if breathing in all that fresh river air works up your appetite, there's a nightly Moonlight Buffet at eleven, which could be a meal in itself.

As she cruises the river, the *Delta Queen* stops at various cities and towns. From St. Paul to St. Louis, for example, shore tours can include a trip to an Arabian horse farm, a demonstration of making beaver-fur hats at a fur trade museum and a tour of Samuel Clemens' (a.k.a. Mark Twain) boyhood home.

(continued)

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(continued) Nighttime on the *Delta Queen* is always rousing. Entertainment includes Broadway show tunes and dancing every night (which can include a folksy hoedown) and a talent show featuring passengers and crew.

Rates for both boats run from $15 to $550 a night per person, double occupancy. For more information, contact Department P.F. at the Delta Queen Steamboat Company, Robin Street Wharf, New Orleans, LA 70130-1890; 800-543-1949.

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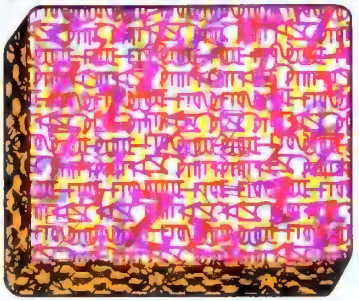

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PERSONAL JOURNAL

Important insights into the way we feel. This month: How to solve communication dilemmas ■ Advice for moms-to-be ■ When you can't stop thinking about another man ■ Spring cleaning made easy

SMART TALK

BY LAURIE SCHLOFF AND MARCIA YUDKIN

Everyone's encountered these communication traps: The deadly silence at a social gathering after the initial "How do you dos" have been pronounced; the party bore who won't let you get a word in edgewise; the snoop who keeps pressing you for answers. But you *can* learn to take conversational control. Here, six of the most common dialogue dilemmas, and tips for finessing your way through.

I'M NO GOOD AT SMALL TALK

Chitchat can be important, because it provides necessary warm-up time before you move on to more meaningful matters. Without a little small talk, you may seem rude or cold.

Don't worry about being clever or original. After you're introduced to the other person, talk about whatever you have in common. At a beach party, for example, you might mention the food, the beach, and yes, even the weather: "Incredible day!" "Have some avocado dip—it's scrumptious." Or a question: "Who's winning in volleyball?" The primary purpose of small talk is to convey warmth and interest, so make eye contact with someone, fire away, and when it's your turn to listen, nod your head.

I CAN'T CHANGE THE SUBJECT

If you like the person you're speaking with, but not the topic, try these conversation detours:

■ **Bridging.** Bring up a more interesting subject that was mentioned earlier. For example: "You said you'll be spending a month in Japan. I'd love to hear about your travel plans."

■ **Redirecting.** Express appreciation for the present topic, but then shift to one that interests you. "It's wonderful that you know so much about how computer systems work. I've always wanted to know, though, how you met Mary."

■ **Roadblock.** If all other techniques fail, try the direct method. Offer a polite statement that shows your lack of interest: "You know, I'm not really into collecting stamps. Do you mind if we change the subject?"

I NEVER KNOW HOW TO DEAL WITH PRYING QUESTIONS

You certainly don't have to answer every query that comes your way. If you feel the topic's touchy, dodge it with one of these tactics:

■ **Refuse politely.** "I know a lot of people don't mind talking freely about their sex lives, but I guess I'm just a little old-fashioned."

■ **Make a joke.** "Oh, come on, I can't tell you *all* my secrets."

■ **Be vague.** "How much do I make? Enough," or "I wouldn't call myself rich, but I get by."

■ **Question the questioner.** "I really have to wonder why anyone would even ask me whether I used drugs in college. What are you getting at?"

I'M ALWAYS BEING INTERRUPTED

If you're constantly cut off, you may be giving the wrong conversational cues. Take charge. Don't pause for more than five seconds when you're talking or people will assume you've finished. Always make it clear when you're done by dropping your pitch at the end of your last sentence.

It may be necessary to use a more direct approach with those who interrupt out of rudeness or insensitivity. Stand your ground. Raise your index finger to signal "wait" and keep on talking. If that doesn't work, shake your finger and say, "I'd like to finish." Or, most direct of all, approach the interrupter beforehand and say, "When we talk, you sometimes get carried away and interrupt me. I'd prefer it if you didn't."

I CAN'T GET OUT OF A CONVERSATION

Sometimes conversations keep on going because you *appear* more interested than you really are. *(continued)*

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(continued) Switch your signals. First, stop giving green lights: saying "uh-huh" and nodding your head. Instead, use these red-light signals: move backward and look away from that person's face. Then exit. Say something positive—"It was good talking to you about desktop publishing"; state what you need to do—"I must say hi to a couple of other people here"; add one more positive comment, and leave—"It was a pleasure meeting you. Bye."

I NEVER KNOW WHAT TO SAY WHEN SOMEONE STANDS TOO CLOSE FOR COMFORT

Each of us has a set of unspoken rules about how far apart we like to sit or stand from others when we're talking to them. We unconsciously broadcast our space preferences through body language, where we place our furniture, the seat we choose at a party.

But when another person comes too close, you need to let her know you're uncomfortable. Try the following techniques: First, take a step backward. If the other person responds by moving closer, adjust your position so that a piece of furniture—a chair or a table—is between you. Second, if you know that a certain person is a space invader—a co-worker, for instance—take charge of the situation before he can. The next time he comes into your office, arrange two chairs three feet apart and ask him to have a seat. Finally, if your subtle efforts to create more distance don't work, you may have to be more direct. Say something like, "I enjoy talking with you, but you have a way of literally coming a little too close for comfort. I'd feel better with a few more inches between us."

From SMART SPEAKING, by Laurie Schloff and Marcia Yudkin. Copyright © 1991 by Laurie Schloff and Marcia Yudkin. To be published by Henry Holt & Co.

WITH FRIENDS LIKE THESE...

When I learned that I was pregnant, the first thing I wanted to do was tell my friends. At thirty-two, I was finally in the club so many of them had already joined.

So after my second home-pregnancy test read positive, I began calling women who'd been incommunicado since they'd entered the blissful state of motherhood.

The first friend I reached—who had two sons, both toddlers—wasted no time in bringing me back to earth. "Did you get a blood test?" she demanded. "Those home-pregnancy tests aren't always accurate." The next woman I called responded to my joyous news with a flat, "Oh." After an uncomfortable silence, she added that a lot of health plans cover only some of the delivery costs and that good day care is hard to find and even harder to afford. "It's a lot more than just having a little baby," she told me before hanging up to tend to her wailing newborn. Others I spoke to wanted to know exactly how pregnant I was. Some suggested that I wait a few months before telling the world because I might miscarry.

By the day's end I was as well versed in horror stories as anyone embarking for the Bermuda Triangle. I tossed and turned in bed that night, unable to rid my mind of thoughts of ectopic pregnancies, miscarriages, babies with dread diseases contracted at day care. I'd heard that if I didn't exercise daily, I'd gain a ton of weight that I'd never lose. At the same time, I was cautioned not to exercise excessively, because it might be too strenuous for the baby. Each mom had her own miserable tidbit: "You'll be constipated for months." "Your feet will swell so badly you won't be able to get shoes on." "Sex is impossible for months after birth."

I found the whole situation baffling. Why were my friends—who were supposed to be *happy* that I was having a baby—acting this way? So I asked the experts.

Marjorie Shostak, anthropologist and mother, feels that these frightening stories women tell are similar to fairy tales that illustrate the fears of children. "It's a little like doctors in medical school wanting others to know what they're going through," she adds. "Parents know parenthood is a transformation, a loss of innocence. While you're gaining something, you're losing something tremendous."

New mothers may also be venting their own frustrations by dramatizing childbirth, says Ilene Ungerleider, a prenatal and postpartum exercise instructor who has three kids.

Overall, the best advice I heard was that moms-to-be should talk about pregnancy with other women who are expecting, rather than those who already have children. But at the same time, they should develop a thick skin. As Miss Manners notes in her book, *Miss Manners' Guide to Rearing Perfect Children* (Penguin, 1985), "The outrageous things people say when you're pregnant prepare you for the *really* outrageous things people say when you have the baby!"

—KATE ROBINS ▶

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PERSONAL JOURNAL

WHEN YOU'RE ATTRACTED TO ANOTHER MAN

You've been thinking a lot lately about that good-looking new man in your office, and you're even starting to entertain guilty fantasies. But you have a perfectly nice husband at home. Are you headed for trouble?

Not necessarily, say the experts. In fact, it's quite normal for a happily married woman to find herself attracted to men she sees every day—especially in the office, where "we tend to replicate familial situations," says Richard H. Mikesell, Ph.D., a clinical psychologist in Washington, D.C. "It's a natural place for intimacy to occur."

But if you really *can't* stop thinking about him or you're seriously considering having an affair, then you've got a problem. "Obsessing about another man is a sign that there's something lacking in your marriage—such as communication or intimacy," says Mikesell.

Should you find yourself about to pursue your desires, think before you act. Ask yourself: How much does my marriage mean to me? What if my husband finds out? Do I really want this man, or am I just excited by someone new?

Above all, don't confess your feelings. Telling your husband will almost certainly make him feel betrayed; telling the man may be the first step toward an affair—or an office scandal. If you really feel the need to unburden yourself, confide in a trusted friend or get counseling.

Then, work to spice up your marriage. "People sometimes get lazy and have to make a conscious effort to create the same dynamics with their spouses as they have at work," says J. Renae Norton, Ph.D., a clinical psychologist in Cincinnati.

Finally, your fixation will probably fade in time. Until then, why not do as Norton suggests and "just enjoy feeling sexual for its own sake." —SHANA ABORN

QUICK CLEAN

EASY STRATEGIES TO MAKE YOUR HOUSE LOOK ITS BEST—FAST

Once upon an April, spring cleaning was a weeklong ritual. Today, with most of us working both inside our homes and out, we can scarcely keep up with the dust bunnies, let alone spend days scouring away. Not to worry: According to Don Aslett, chairman of Varsity Contractors, Inc., a professional cleaning company, and author of twelve books on the subject, you can make your house presentable in a morning's time. His suggestions:

Take the Tom Sawyer approach. Tom was a natural at persuading others to help with *his* chores—a method that works as well for housecleaning as it does for whitewashing a fence. So ask your husband and kids to do their fair share, and give them each specific tasks. "Help is the hidden secret to speedy spring cleaning," says Aslett.

Motivate yourself with music. Make the chore as much fun as possible by playing your favorite records or tapes. Especially energizing: Madonna's "Get Into the Groove" or "Vogue," or anything from Janet Jackson's *Rhythm Nation 1814* album. Or, do as Aslett suggests, and try a John Philip Sousa march!

Get it together. Place everything you need in a carrying caddy: window cleaner, an all-purpose cleaner, disinfectant, a scrubbing sponge, a brush, rubber gloves, cloths made from old towels and trash liners.

Make a clean sweep. "Forty percent of all housework is litter and clutter," says Aslett. Rather than making several trips to the trash, or upstairs to put away belongings, he recommends making a preliminary five-minute trek through the house, carrying two boxes. Throw garbage in one (be sure to go through the refrigerator and toss out old food); in the other, place items that you want to save (put them away later).

Double your dust-busting. Practice "simultaneous cleaning." Start out by spraying the oven with oven cleaner, says Aslett. Then prespray counters, appliances and the top of your refrigerator (let cleaning agents work for ten minutes on stains). Begin the laundry, then go back and finish the kitchen. Dust tables and bookcases, and vacuum floors and furniture, using special attachments for hard-to-reach corners and heating vents. Carry a damp cloth to wipe off baseboards.

Spray it away. Spritz sinks with disinfectants, and the showers, tubs and tiles with a product that contains a mild phosphoric acid; put a few drops of toilet-bowl cleaner into the toilet bowl. Let all this sit for about five or ten minutes; in the meantime, change the sheets in the bedrooms. Then, go back and wipe down the bathroom.

Finally, when you're finished, reward yourself for a job well done. Go to the movies, read a book, take a long walk. You deserve it! —VICKY KAHN

For a free copy of Don Aslett's biannual newsletter on quick ways to clean, send a postcard with your name and address to The Clean Report, Box 39, Pocatello, ID 83204.

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THE LITTLE BOY WITH A GUN

When he was only nine, Cameron Kocher took a hunting rifle and shot a seven-year-old playmate. Soon he may stand trial as an adult—the youngest suspect in this century to do so. A true story of death and childhood. **By Tom Lowry**

Did Cameron (left) deliberately kill Jessica Carr (below), or was the girl's death a tragic accident?

Every afternoon, when she finishes her shift at a blouse factory in Monroe County, Pennsylvania, Patricia Kocher climbs into her blue pickup and drives to the parking lot of the local volunteer fire company. There, she waits for her only child.

Shortly after three P.M., a large yellow school bus hisses to a stop and drops off its last passenger: Patricia's eleven-year-old son, Cameron.

One recent afternoon, the boy scampered out of the bus with his lunch box and a poster he'd made as an art project. He climbed into the truck and kissed and hugged his mother, thirty-nine.

But if Cameron looked just like any other well-loved son, the reality is far more grim. This blond sixth grader, a Cub Scout, can attend school only because he is out on bail. He stands accused of taking one of his father's powerful deer rifles in 1989 and killing Jessica Carr, a seven-year-old girl who had bragged she could beat him at Nintendo.

If he goes to trial, as a judge has ordered, Cameron would be the youngest person in this century to be tried as an adult for murder.

The battle over whether he *should* be treated as an adult is now before the Pennsylvania Supreme Court, the state's highest. It has raised legal questions about how to handle juveniles accused of serious crimes, at a time when there's growing public sentiment to toughen up on young offenders. The controversy has raised more primal issues, too: the nature of evil in children, and their moral responsibility.

For prosecutor Mark Pazuhanich, the case is clear-cut: Cameron needs "long-term evaluation and rehabilitation if necessary," he says. "I'm not sure we can get that out of the juvenile system."

Charles Hansford, the child's defense attorney, contends that the prosecution is treating Cameron simply as a miniature sociopath—without taking into account the shaky ability of a boy, who was then only nine, to distinguish between right and wrong. "They have this Ted Bundy hang-up," he says angrily. "They all wonder if he's going to grow up to be Ted Bundy."

Living with the gun

To understand how Cameron Kocher could grab a rifle on the day Jessica Carr died, it's important to understand life in the Pocono Mountains of western Monroe County, or "the West End," as residents call it.

These are not the famed Poconos of honeymoon jokes, with their satin sheets and heart-shaped bathtubs. The people who live here year-round are mostly country folk who love the land, and who love to hunt off that land.

In Kunkeltown (population 290), where Cameron and Jessica attended Polk Elementary School, guns are as common as can openers in people's homes. Cameron's father, Keith, forty-three, a laborer and truck driver, had ten of them. *(continued)*

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(continued) Not surprisingly, Cameron, the Kochers' only child, expressed a curiosity about hunting at an early age. When he was eight, he went hunting for squirrels with his father, and he was also allowed—once—to shoot a .22-caliber rifle.

His parents testified, though, that Cameron was strictly forbidden to go near his father's rifles and shotguns without permission.

In fact, the cabinet where the guns were kept was locked. But Cameron, it seems, knew where to find the key.

Child's play

On March 6, 1989, the kids in Kunkeltown got an unexpected holiday. A late-winter storm had dumped five inches of snow on the area, and school was canceled.

With his parents at work, Cameron spent the morning at the home of Richard and Trudi Ratti, the family next door on Hideaway Hill Road.

The couple had six kids, who were Cameron's good friends. Two other schoolmates were playing there that day: Crystal Carr and her blond, blue-eyed sister, Jessica. Their mother, Donna, and their father, Claude, came with them to visit the Ratti family.

The kids began playing Nintendo, and at one point Jessica boasted that she was a better player than Cameron. The game ended in late morning when Richard Ratti, angry because the children had left a bedroom untidy, told them to go outside.

The group decided to ride two snowmobiles on the sprawling property. But Cameron's parents had forbidden him to do that, so he trudged on home about one P.M..

Richard Ratti later testified that the boy was angry because he couldn't play Nintendo anymore.

Once inside his own house, according to court testimony, Cameron went to his parents' bedroom. He took a key from its hiding place inside the base of a night lamp. Then he unlocked his father's gun cabinet and pulled out a weapon: a .35-caliber Marlin rifle with a Leopold scope. He unlocked an ammunition drawer inside the cabinet and loaded the rifle with the correct bullet.

Removing the screen from a window, according to testimony, the boy pointed the rifle toward a line of evergreen trees at the edge of the Ratti property and looked through the scope, which was set to make objects as far off as one hundred yards seem only twenty yards away.

(Psychiatrists later testified that Cameron told them he was not aiming at anything specific. He also said he couldn't see any people, or remember pulling the trigger.)

At 1:05 P.M., a shot cracked through the air. Jessica was riding on a snowmobile driven by twelve-year-old Shannon Ratti. They were about one hundred yards from the Kochers' house, near the evergreens.

"All of a sudden she started leaning against me," Shannon testified. "I asked her not to, and she kept leaning . . . I looked back, and her eyes were rolled way back into her head. I grabbed her before she touched the ground, and I moved her in case . . . I had to go get someone [so] I wouldn't run over her. My brother . . . saw her. He went and got [Jessica's mother] Donna."

Mrs. Carr, shaken and unbelieving, ran from the house, and carried Jessica inside while the Rattis called an ambulance.

As they waited for help to arrive, the children screamed and cried. Blood was soaking through Jessica's fleece-lined ski jacket.

Richard Ratti, who thought a sniper might have hit Jessica, called Cameron next door and told him to come over so he would be safe.

Once in his neighbors' home, Cameron seemed strangely unmoved by the chaos. He had a bandage on his forehead, and someone asked him what had happened. He told them that his dog had jumped on him and bumped a knife into his head while he was making a peanut butter and jelly sandwich.

(A ballistics expert later noted at a pretrial hearing that the shot from a .35-caliber rifle has a strong recoil. This would be especially true for a ninety-pound boy holding a seven-pound weapon. The shot was forceful enough to bang the scope into the boy's forehead and open a crescent-shaped cut.)

"He just came in the front door," Donna Carr testified, "looked in the living room where she was laying . . . and went back and started playing Nintendo."

A bloody clue

About two hours after the shooting, Jessica died in a nearby hospital, unable to survive the bullet that had ripped through her back, shattered her spine and blasted out through her chest.

That day, the early rumor among the residents of Hideaway Hill Road was that a lunatic was running loose, killing children. People bolted their doors and took their rifles off the wall racks, ready for any intruder. Since Kunkeltown has no local police force, state troopers were called in and began scouring the area.

One of them, Trooper Clark Ritter, a twenty-one-year police veteran, heard from another officer that Cameron had cut his forehead while making a peanut butter and jelly sandwich. Yet when Ritter himself asked Cameron how he had been injured, the boy said it had happened earlier in the day while building a tree fort. He then refused to answer any more of the trooper's questions.

Cameron, wearing a Garfield pullover, sat in his mother's lap and listened intently as the state trooper began to read him his rights.

Ritter told Keith Kocher to have a heart-to-heart talk with his young son, and the trooper returned to his barracks. About two hours later, Cameron's father called Ritter and asked him to come back to the home. There, Kocher showed him a .35-caliber Marlin rifle with blood on it.

Within minutes, Cameron, dressed in a Garfield pullover and cuddled in his mother's lap, listened intently as the trooper began to read him his Miranda rights: "You have the right to remain silent . . ."

The Kochers looked on in horror as their son nodded in response.

Then, Cameron began hesitantly to answer Ritter's questions. Finally, he explained what had happened: Earlier that day, he had taken his father's rifle, loaded it with ammunition and pointed it out the bedroom window. The gun, he said, had fired by accident.

After the questioning was over, Cameron looked up at Ritter and said quietly, voluntarily, "It was all just a terrible mistake." *(continued)*

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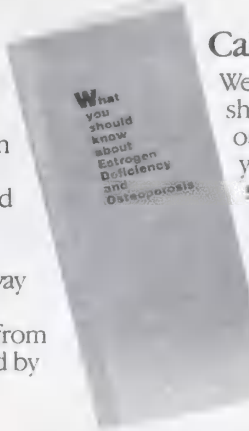

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LITTLE BOY WITH A GUN
continued

Furor and farewell

Two days later, Cameron was arraigned. Patricia Kocher had contacted a law firm in nearby Palmerton, and one of its members, Charles Hansford, agreed to defend Cameron. Hansford knew the case was unusual, but nothing had prepared him for the swarm of reporters and photographers who lay in wait outside the courthouse.

"Stay in the car," he told the Kochers. Despite his pleas, photographers and TV cameramen insisted on taking pictures, so Hansford took off his trench coat and placed it over Cameron's head. As he led the boy past the crowd, reporters shouted questions. Cameron remained silent.

In a twenty-minute proceeding, the child was charged with criminal homicide and released into the custody of his parents, who would later have to put up their home to cover the bond for his $50,000 bail.

That same week, more than one hundred relatives and friends paid their last respects to Jessica in a small church cemetery at the fork of a country road. The grave was marked by a ceramic heart reading, "Jessica, we love you."

"The angel you had made was led away," a minister intoned. "Jessie has seen the storm of death, and a new life has begun."

Legal loopholes

Prosecutor Mark Pazuhanich felt the facts of the case left him no ch but to charge Cameron as an ac "We're not being hard-nosed," he now. "We're being true to the law.

His decision made Cameron's singular in this century: Only t others on record show a child b tried for murder as an adult, and those occurred in the 1800s.

Hansford, in turn, asked the cou transfer the case to the juvenile-ju system, which emphasizes rehab tion through counseling and con ment in youth facilities, not hard in state penitentiaries. Juve court proceedings are also off-li to the press. *(contin*

Please see an important message about osteoporosis prevention on the previous page.

BRIEF SUMMARY *(FOR FULL PRESCRIBING INFORMATION AND PATIENT INFORMATION, SEE PACKAGE CIRCULARS.)*

PREMARIN® Brand of conjugated estrogens tablets, USP
PREMARIN® Brand of conjugated estrogens Vaginal Cream, in a nonliquefying base

1. ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA. Close clinical surveillance of all women taking estrogens is important. Adequate diagnostic measures including endometrial sampling when indicated should be undertaken to rule out malignancy in all cases of undiagnosed persistent or recurring abnormal vaginal bleeding. There is currently no evidence that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.
2. ESTROGENS SHOULD NOT BE USED DURING PREGNANCY. Estrogen therapy during pregnancy is associated with an increased risk of congenital defects in the reproductive organs of the male and female fetus, an increased risk of vaginal adenosis, squamous-cell dysplasia of the uterine cervix, and vaginal cancer in the female later in life. The 1985 DES Task Force concluded that women who used DES during their pregnancies may subsequently experience an increased risk of breast cancer. However, a causal relationship is still unproven, and the observed level of risk is similar to that for a number of other breast cancer risk factors.
There is no indication for estrogen therapy during pregnancy. Estrogens are ineffective for the prevention or treatment of threatened or habitual abortion.

DESCRIPTION: PREMARIN (conjugated estrogens, USP) contains a mixture of estrogens, obtained exclusively from natural sources, blended to represent the average composition of material derived from pregnant mares' urine. It contains estrone, equilin, and 17α-dihydroequilin, together with smaller amounts of 17α-estradiol, equilenin, and 17α-dihydroequilenin salts of their sulfate esters. Tablets are available in 0.3 mg, 0.625 mg, 0.9 mg, 1.25 mg, and 2.5 mg strengths of conjugated estrogens. Cream is available as 0.625 mg conjugated estrogens per gram.

INDICATIONS AND USAGE: Moderate-to-severe vasomotor symptoms associated with the menopause. (There is no evidence that estrogens are effective for nervous symptoms or depression which might occur during menopause and they should not be used to treat these conditions.) Prevention and management of osteoporosis (abnormally low bone mass). Atrophic vaginitis. Atrophic urethritis. Hypoestrogenism due to hypogonadism, castration or primary ovarian failure.
PREMARIN (conjugated estrogens) Vaginal Cream is indicated in the treatment of atrophic vaginitis and kraurosis vulvae.
PREMARIN HAS NOT BEEN SHOWN TO BE EFFECTIVE FOR ANY PURPOSE DURING PREGNANCY AND ITS USE MAY CAUSE SEVERE HARM TO THE FETUS (SEE BOXED WARNING).

CONTRAINDICATIONS: Estrogens should not be used in women (or men) with any of the following conditions: 1. Known or suspected pregnancy (see Boxed Warning) 2. Known or suspected cancer of the breast except in appropriately selected patients being treated for metastatic disease. 3. Known or suspected estrogen-dependent neoplasia. 4. Undiagnosed abnormal genital bleeding. 5. Active thrombophlebitis or thromboembolic disorders. Estrogen replacement therapy has not been reported to increase the risk of thrombophlebitis and/or thromboembolic disease. However, there is insufficient information regarding women who have had previous thromboembolic disease.
PREMARIN Tablets and Vaginal Cream should not be used in patients hypersensitive to their ingredients.

WARNINGS: Some studies suggest a possible increased incidence of breast cancer in women taking higher doses of estrogen for prolonged time periods. The majority of studies have not shown an association with usual estrogen replacement doses. Endometrial cancer risk among estrogen users was about 4-fold or greater than in non-users, and appears dependent on treatment duration and estrogen dose. In patients on combined estrogen-progestin therapy, this risk appears to be decreased. (See PRECAUTIONS below.)
Estrogen therapy during pregnancy is associated with an increased risk of fetal congenital reproductive tract disorders.
A 2.5-fold increase in the risk of surgically confirmed gall bladder disease in women receiving postmenopausal estrogens has been reported.
Large doses of estrogen such as those used to treat prostate and breast cancer have been shown to increase the risk of non-fatal myocardial infarction, pulmonary embolism, and thrombophlebitis in men. This cannot necessarily be extrapolated to women. However, to avoid theoretical cardiovascular risk caused by high estrogen doses, the doses for estrogen replacement therapy should not exceed the recommended dose.
Blood pressure should be monitored with estrogen use, especially if high doses are used.
Estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases.

PRECAUTIONS: The addition of a progestin for 7 or more days of a cycle of estrogen administration reportedly lowers the incidence of endometrial hyperplasia. Studies of endometrium suggest that 10 to 13 days of progestin are needed to provide maximal endometrial maturation and elimination of hyperplastic changes. Additional risks, such as adverse effects on carbohydrate and lipid metabolism, may be associated with the inclusion of in estrogen replacement regimens. The choice of progestin and dosage may be important in minimi adverse effects.
Physical examination and complete medical and family history should be taken prior to the initiat estrogen therapy with special reference to blood pressure, breasts, abdomen, and pelvic organs, include a Papanicolaou smear. As a general rule, estrogen should not be prescribed for longer than without another physical examination being performed. Conditions influenced by fluid retention, such a epilepsy, migraine, and cardiac or renal dysfunction, require careful observation. Certain patients ma manifestations of excessive estrogenic stimulation, such as abnormal or excessive uterine blee mastodynia. Pre-existing uterine leiomyomata may increase in size during estrogen use. Estrogens used with care in patients with impaired liver function, renal insufficiency, or metabolic bone diseases a with hypercalcemia.
The following drug/laboratory test interactions have been reported, some only with estrogen combinations (oral contraceptives):
1. Increased prothrombin and factors VII, VIII, IX, and X; decreased antithrombin 3; increased norep induced platelet aggregability.
2. Increased thyroid binding globulin (TBG) leading to increased circulating total thyroid ho measured by T_4 levels determined by column or by radioimmunoassay. Free T_3 resin uptake is reflecting the elevated TBG; free T_4 concentration is unaltered.
3. Impaired glucose tolerance.
4. Reduced response to metyrapone test.
5. Reduced serum folate concentration.

MUTAGENESIS AND CARCINOGENESIS: Long-term, continuous administration of natural and estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina

PREGNANCY CATEGORY X: Estrogens should not be used during pregnancy. See **CONTRAINDI** and Boxed Warning.

NURSING MOTHERS: As a general principle, the administration of any drug to nursing mothers shou only when clearly necessary since many drugs are excreted in human milk.

ADVERSE REACTIONS: The following have been reported with estrogenic therapy: changes in vagina pattern and abnormal withdrawal bleeding or flow, breakthrough bleeding, spotting, increase in size fibromyomata, vaginal candidiasis, change in amount of cervical secretion; tenderness or enlargement nausea, vomiting, abdominal cramps, bloating, cholestatic jaundice; chloasma or melasma that may pe drug is discontinued, erythema multiforme, erythema nodosum, hemorrhagic eruption, loss of hirsulism; sleepening of corneal curvature, intolerance to contact lenses; headache, migraine, dizzine depression, chorea; increase or decrease in weight; reduced carbohydrate tolerance; aggravation of edema; changes in libido.

ACUTE OVERDOSAGE: May cause nausea and vomiting.

DOSAGE AND ADMINISTRATION:

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1. *Given cyclically for short-term use only.* For treatment of moderate-to-severe vasomotor symptom vaginitis, or atrophic urethritis associated with the menopause (0.3 mg to 1.25 mg or more daily). The lo that will control symptoms should be chosen and medication should be discontinued as promptly as Administration should be cyclic (eg, three weeks on and one week off). Attempts to discontinu medication should be made at three- to six-month intervals.
2. *Given cyclically:* Hypoestrogenism. Osteoporosis.
Hypoestrogenism due to: Female hypogonadism—2.5 mg to 7.5 mg daily in divided doses to followed by 10 day rest period. If bleeding does not occur by the end of this period, the same dosage s repeated. Female castration or primary ovarian failure—1.25 mg daily, cyclically. Adjust upward or according to response of the patient. For maintenance, adjust dosage to lowest level that will provid control.
Osteoporosis—0.625 mg daily. Administration should be cyclic (eg, three weeks on and one we

PREMARIN® Brand of conjugated estrogens Vaginal Cream
Given cyclically for short-term use only. For treatment of atrophic vaginitis or kraurosis vulvae.
The lowest dose that will control symptoms should be chosen and medication should be disco promptly as possible.
Attempts to discontinue or taper medication should be made at three- to six-month intervals.
Usual dosage range: 2 g to 4 g daily, intravaginally, depending on the severity of the condition.
Patients with an intact uterus who are treated with either PREMARIN Tablets or Vaginal Cream monitored for signs of endometrial cancer and appropriate measures taken to rule out malignancy in t persistent or recurring abnormal vaginal bleeding.

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ITTLE BOY WITH A GUN

ntinued

Pennsylvania, a murder case in-
ng a child under ten can be trans-
d to juvenile court only if the de-
nt can prove that he is "amena-
treatment."
ce psychiatrists on both sides had
d that Cameron was well adjusted,
lge refused Hansford's request.
psychiatrists did differ, how-
, on whether Cameron could
an intent to kill; the prosecution's
iatrist said he could, while the
se expert said he could not.)
the time of the shooting, [Cam-
suffered from no physical or
al defect, and no prior psychiatric
ychological disorder was causally
d to the shooting," Monroe Coun-
dge Ronald Vican wrote in his
g in June 1989.
couldn't prove he was sick, so he
go to juvenile court," Hansford
says disgustedly. "Fourteen-year-
sychotics can go to juvenile court,
healthy nine-year-old cannot."
er a yearlong series of petitions,
and hearings, the state Supreme
t decided last June to review Vi-
decision. (As the *Journal* went to
, the court still had not rendered
pinion, which is expected this
) If the case does go to trial, and
eron is convicted of first-degree
ler, he would be sentenced to
in prison or the death penalty—
ugh the latter is highly unlikely.
number of legal and youth-advo-
groups, including the American
Association, are concerned that
g Cameron as an adult will
t thousands of other juvenile
, and have filed briefs supporting
ford.
he lower court's refusal to transfer
eron Kocher's case . . . ignores ba-
heories of child development and
adicts national standards" for
ling cases of children who have
charged with serious offenses, ac-
ng to one brief filed jointly by
os including the Legal Aid Society
he Juvenile Law Center.
bert Schwartz, the law center's
ative director, also cites the pub-
that an adult trial will attract
its negative effect on Cameron.
likely to be a circus with the
, and Cameron will hear, as he
already, about his psychiatric con-
n, background and stability. His
s on a string right now."

ng with the pain

same could be said of many other
ers in this tragedy. Jessica's par-
Donna and Claude Carr, have
rated since the shooting. Friends speculate that the couple were driven apart by the stress of Jessica's death.

The Ratti children, who watched Jessica's life bleed away on their living-room floor, have needed psychiatric counseling, according to their mother, Trudi. "There's so much stress and depression," she adds. Like the Carrs, she refuses to talk about the day Jessica died.

Sandra Fellin, the principal of Polk Elementary School, says the case hasn't faded from her students' memories. "This is just terrible for the kids," she says. "Cameron doesn't go to school here anymore, but they still see him at the store or out somewhere, and they'll ask, 'Did Cameron get away with it?' How do you explain the slow process of justice to an eight-year-old?"

Some outsiders have raised the haunting question of whether Cameron might be a bad seed, a Rosemary's baby grown to boyhood. But there has been no community outcry against him; instead, most residents seem to feel sympathy for everyone involved.

The Kochers remain in relative seclusion, although both Keith and Patricia still work at the jobs they had before the shooting.

Cameron, who receives psychiatric counseling, was tutored at home after Jessica's death. *(continued on page 230)*

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Ladies'
Home Journal
April 1991

EARTH DAY 1991

AMERICA CELEBRATED THE TWENTIETH ANNIVERSARY OF EARTH Day last year with a hullabaloo of hoopla. We made a lot of environmental promises, too, about cleaning up our air, land and water. How many of those pledges have been kept? Kids and corporations did pretty well; bureaucrats and ballot initiatives did badly. Here's a scorecard of wins, losses and draws for Mother Earth. BY MARK MILLER

SWINS WINS WINS

• Breathing easier

The biggest environmental victory of 1990 won last fall with the reauthorization of a new federal Clean Air Act, ending a thirteen-year wrangle. Though the Bush administration's modifications weakened the act somewhat, environmental groups still hailed it as a major breakthrough. For the first time, total industrial emissions for the U.S. will be limited, and residents of Los Angeles, New York and other cities can expect their air to be substantially cleaner within two years.

• Ecology, Inc.

Last fall, McDonald's announced it would stop using Styrofoam containers—which don't break down in landfills—after lobbyists for the Environmental Defense Fund raised the burger chain's McConsciousness. Big Macs, McDLTs and so forth will start to come wrapped in paper containers later this year.

Other major corporations are also greening up. Coca-Cola and Pepsi started plans to bottle their drinks in recycled plastic last fall, while AT&T is replacing the foam stuffing in its boxed consumer products with cardboard.

Animal lovers, meanwhile, convinced some of the nation's largest tuna producers, including StarKist and Chicken of the Sea, to stop fishing with nets that also trapped dolphins.

• Spread slime, do time

Environmental crimes were once taken about as seriously as parking tickets—but that's changing. In 1990, federal courts dispensed sentences totaling more than forty years and fines of $11 million, compared with sentences of less than two years and $200,000 in fines only five years ago.

In one of the most dramatic examples, a Massachusetts defense contractor became, last spring, the first person ever convicted of "knowing endangerment" under the federal Clean Water Act—a felony—for dumping hazardous chemicals into a drain that eventually flowed into Boston Harbor. He was sentenced to twenty-six months in prison and $400,000 in fines.

• Happy returns

Thirty-two states now have recycling laws, many of which exceed the national goal of recycling 25 percent of all waste by 1992.

• Greenback power

Financial institutions the world over are beginning to put their money where their mouths are. The World Bank created a billion-dollar trust fund for low-interest loans and grants to countries in need of environmental aid—including those whose ecosystems have been damaged by the bank's own development projects. And here in the U.S., the Richard King Mellon Foundation has agreed to help the Conservation Fund buy thousands of acres of land and give them to the government to be turned into wildlife refuges.

• Tray bien

After sixth graders at Bel Air Elementary School, in New Brighton, Minnesota, learned about recycling, they demanded that their school replace its disposable foam lunch trays with reusable ones. When the school said no, the children staged an unsuccessful sit-in in the cafeteria. Refusing to admit defeat, the class went to the school board. The happy ending: The district will introduce reusable trays at all schools this fall.

• Dam be damned

For decades, developers and environmentalists fought bitterly over the proposed Two Forks Dam near Denver. Then, last fall, the federal Environmental Protection Agency vetoed the $1 billion project, saying that the dam would destroy valuable wetlands and wildlife areas and completely submerse the Rockies' beautiful Cheesman Canyon.

LOSSES LOSSES LO

• Spoils of war

Some of the most significant damage in the early weeks of Operation Desert Storm wasn't caused by Scud missiles, but by an act of environmental terrorism—the millions of gallons of oil Iraq unleashed into the Persian Gulf. History's largest oil spill—several times bigger than the Exxon *Valdez* disaster—fouled shorelines and killed untold numbers of birds and fish. Despite efforts to stem the greasy tide, the effects of the spill will be felt for years to come.

• Airwave pollution

Maybe it sounded like a bright idea at the time, but last year's crop of enviro-TV shows turned out to be just so much compost. Despite its big-name stars, ABC's Earth Day special was a stinker. "E.A.R.T.H. Force," about a kind of eco-SWAT team (right), was so bad that it landed on the TV trash heap three weeks after its premiere. Turner Broadcasting's animated show "Captain Planet and the Planeteers" is still running, but most kids are following a far more famous green team—the Teenage Mutant Ninja Turtles.

• Hot air

So far, we're still spending more energy on talking about conservation than doing something about it. The U.S. took no action on global warming, and as for the vanishing Brazilian rain forest, most of us contented ourselves by listening to benefit concerts or buying Brazil nuts.

• Ballot blocks

The big losers last year were several environmental initiatives in November's elections. Most notable: "Big Green," California's sweeping, stringent environmental protection law that would have banned offshore drilling, more strictly regulated the use of pesticides and toxic chemicals, and improved air and water quality. In New York, voters said a resounding *no* to issuing bonds that would be used to buy up land near the Adirondacks and to help fund recycling programs. The New York program was enormously expensive, and hard times may have convinced taxpayers to naysay the ambitious proposal.

• Eco-thugs

Some environmental activists have let their zeal take them a little bit too far. Last year we began to hear more and more about eco-tage—sabotage performed in the name of the earth. This included everything from blocking roads to driving spikes into trees to prevent logging. This misplaced fervor gave earth-lovers a bad name—and may have helped defeat legislation that would actually have protected the planet's resources.

• Don't believe the hype

Even environmentalism can fall prey to entrepreneurs looking for quick bucks. Consumers soon grew confused—and disenchanted—by the proliferation of "green" labels that sprouted, seemingly overnight, on everything from paper towels to cotton swabs. Consider the fuss over "degradable" trash bags. As it turned out, many were just photodegradable—they deteriorate only when exposed to light. Since sunshine is hard to find in a landfill, they could be there for centuries.

• Little freeway on the prairie

The Elkins Prairie in northeast Kansas was one of the few remaining pieces of the tall-grass prairie that once covered the Great Plains. Now even those eighty acres are gone, plowed under last November by a developer who spurned offers to buy his land for preservation. Small as it was, the patch was a spectacular example of the old ecosystem and was home to one hundred fifty species of plants. The new owner plans to make his property, located near a highway, "more productive."

DRAWS DRAWS DR

• Loggerheads

After a bitter fight, the federal government agreed to put the northern spotted owl on the threatened-species list. But the government has yet to follow up with a specific plan for saving the six thousand owls that are still in existence, and the birds may have some enemies in high places: Interior Secretary Manuel Lujan has publicly questioned the need to "save every subspecies."

• Power plays

The Bush administration proposed giving the Environmental Protection Agency more power by elevating it to cabinet-level status, but the proposal became bogged down in a partisan fight between Congress and the White House. It may be revived this year.

• Music boxing

The elongated paperboard containers that house CDs may help to increase sales and deter shoplifters, but they also create a lot of trash. Artists such as Peter Gabriel and Raffi, the popular children's performer, have refused to let their work be displayed in the long boxes.

• Toxic avengers

Mobil Chemical Co. seemed to be doing the right thing by hiring environmental officers to keep toxic-waste disposal in check, but then they kicked one out just for doing his job. Last November, a federal jury in Newark, New Jersey, ruled that Valcar Bowman, Jr., was illegally fired in 1986 after he refused to comply with orders to alter and withhold sensitive environmental documents from the local district attorney's office. Bowman was awarded $1.375 million in damages, but Mobil, which argued that Bowman's job was eliminated as a cost-cutting measure, is appealing the decision.

• Bearing the burden

Conservationists and the White House sparred over the revision of a plan to protect the two hundred or so grizzly bears that live in Yellowstone National Park and the area surrounding it. The federal government is required by law to protect the bears, a threatened species, but conservationists charge that the feds' proposal is far too modest.

Mark Miller is a writer for Newsweek.

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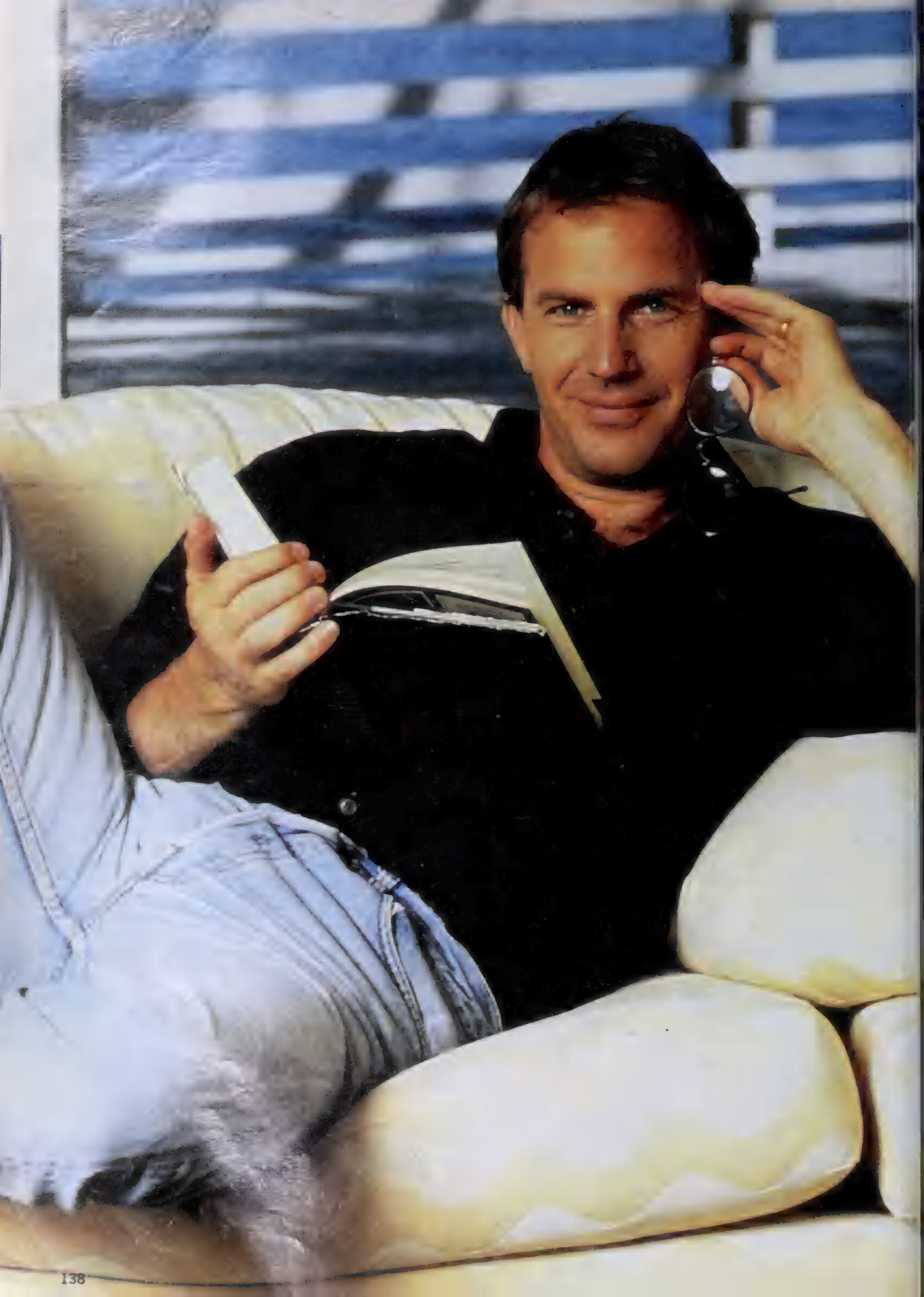


KEVIN COSTNER

MYTH OR MAN?

HE'S A SEXY, SMART, DEVOTED FAMILY MAN, AND WOMEN LOVE HIM— BUT IS THE STAR AND DIRECTOR OF "DANCES WITH WOLVES" REALLY AS PERFECT AS HE SEEMS?

Just a year or so ago, comedian Robin Williams succinctly explained Hollywood's star rankings: "There's Jack [Nicholson]," he observed, "... and then there's the rest of us." In the past few months, however, the Hollywood hierarchy has changed drastically; Jack's more or less one of the pack, and Kevin Costner is king. That's largely due to *Dances With Wolves*, the hit movie he directed, co-produced and starred in so winningly—and which is now an odds-on favorite to bring home some Oscar gold.

In fact, at thirty-six, Costner—director, actor, superstar, swashbuckler, family man and friend—looks all set to be *the* icon for the nineties. If Robert Redford and Paul Newman—remote, aristocratic, unattainable—were the heroes for the seventies, and "The Joker" Jack Nicholson and "Top Gun" Tom Cruise were our favorite mavericks in the excessive eighties, the nineties—an era of commitment to family, community and the planet—has found its perfect symbol in Costner. *(continued on page 224)*

BY SALLY OGLE DAVIS

WE'RE ALL SO BUSY AT WORK AND AT HOME—HOW CAN WE POSSIBLY BE LONEL
BUT MORE AND MORE OF US ARE, EVEN THOUGH WE MAY BE AFRAID TO ADMIT I
A SPECIAL REPORT. BY MARGERY D. ROSEN

ALL ALONE

THE NEW LONELINESS OF AMERICAN WOMI

When Sheila Fahey, a forty-six-year-old mother of three from Arlington Heights, Illinois, started her job ten years ago, she met a small group of women who became her best friends.

"I was single then, and we went through all those major life changes together," recalls Fahey, a manager at Baxter Health Care Corporation, an international medical-supply company headquartered outside of Chicago. "We all got married and had kids about the same time. At lunch and during breaks, those women were the ones I talked to if my twin daughters weren't sleeping or when my husband, Jack, became ill."

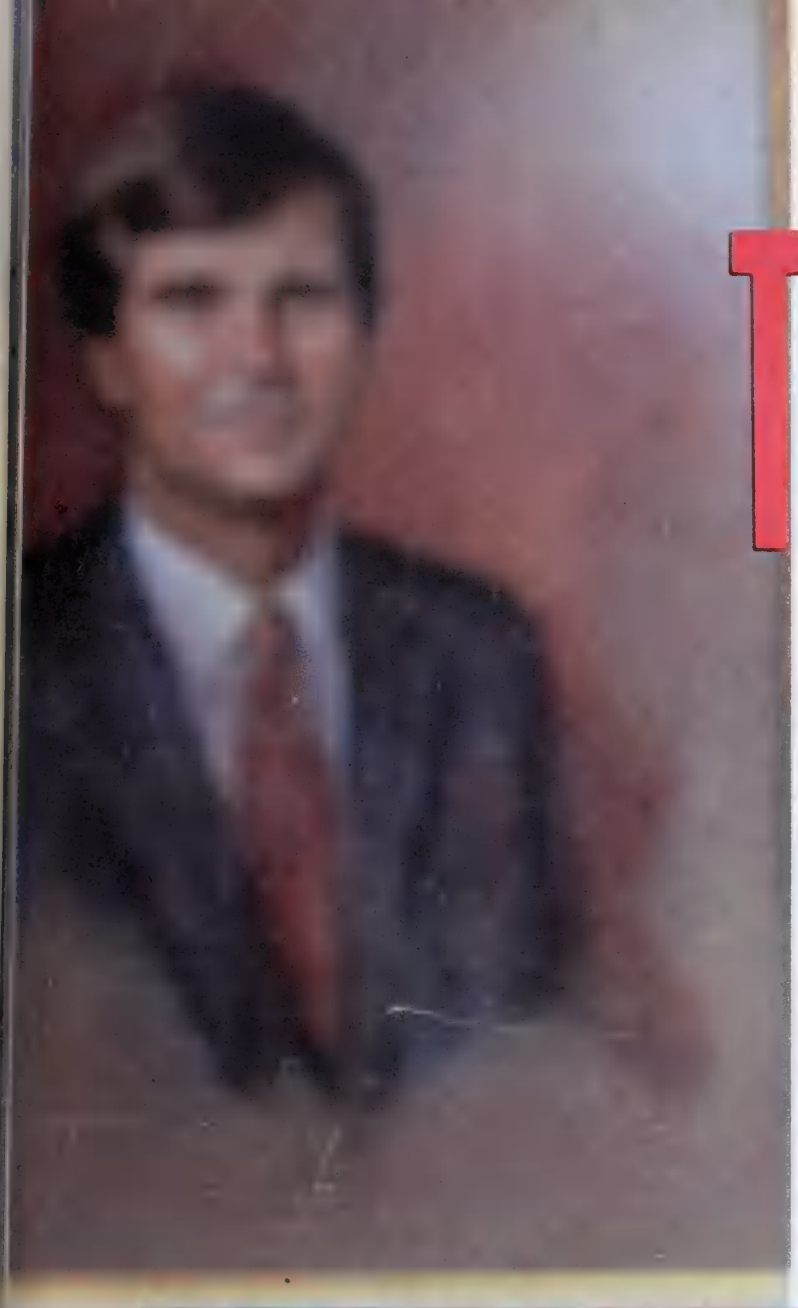
But in the last year, all that has changed. The close-knit group that was Fahey's mainstay during the last decade has scattered. Some quit their jobs; others were transferred. And there's no one to take their place.

"You know, there's barely time to breathe, let alone make new friends," says Fahey. "I get up at five-thirty A.M., take a fast walk around the lake behind our house, wake the twins, who are now three, at six-thirty and drop them at preschool on the way to the office. Jack takes care of our seven-year-old son. I get home between five and six, and the evening's a blur of dinner, homework, baths.

"By nine P.M., I'm catatonic. I can barely manage to get myself ready for bed, so of course I put off calling a friend.

"I just don't *(continued on page 216)*

Both Sally and her husband (shown playing guitar with President Bush) were haunted by the fear that their near-perfect world was about to be shattered



SALLY ATWATER'S HUSBAND, LEE, WAS THE FIERCEST POLITICAL WARRIOR IN THE REPUBLICAN PARTY. BUT NOTHING PREPARED HIM FOR THIS LIFE-OR-DEATH CHALLENGE

THE LAST BATTLE

INSIDE THE COZY WASHINGTON HOME of Lee and Sally Atwater, everything seems normal. There are no hushed voices. Sally laughs easily, jumps up to answer the phone, takes her turn in the car pools for daughters Sara Lee, eleven, and Ashley Page, five. She frets about the ten pounds she gained a year ago with the birth of the couple's third daughter, Sally Theodosia.

But the appearance of normalcy is just that—a comforting illusion that helps the Atwaters cope with the fear that has dominated their lives ever since Lee, then the powerful chairman of the Republican National Committee (RNC), was diagnosed with an inoperable brain tumor thirteen months ago.

To those who knew Atwater before his illness, his appearance is shocking: His face is bloated and his hair curled from the treatments he is undergoing. When he's not in bed, he uses a wheelchair. Lee's condition has deteriorated so badly that he is persistently confused and lethargic, unable even to recall immediately the name of George Bush, the man he helped put in the White House. "If you ask, 'Who is the *(continued)*

BY MAUREEN SANTINI

(continued) President?' he has to think,'' says one of his doctors.

These days, because of the attendants who look after Lee, Sally doesn't even have a regular place to sleep in her own home. ''Lee has a hospital bed in our bedroom,'' she says matter-of-factly, ''and a guy sleeps in there because Lee can't turn over or go to the bathroom without help. So I find a bed wherever one is available; I'm a wandering gypsy.''

Despite her anguish, Sally works hard to maintain a normal routine for the Atwater girls (top, from left): Sara Lee, Sally Theodosia and Ashley Page. And constant visits from friends and relatives (left) help keep the family home cheerful

As she talks about her husband's ordeal, Sally, thirty-nine, a sweet-faced woman who once taught physically and emotionally disabled children, seems almost detached. During three interviews, she does not cry or choke up. Her friends say that she has simply not accepted what has happened to her husband and clings relentlessly to the hope that he will eventually get better.

Every once in a while, though, that hope seems to fade. ''It's devastating, horrible,'' Sally says. ''If you ever want to hear of hell on earth . . .'' Her voice trails off.

Until his illness, it seemed that nothing could stop Lee Atwater, the abrasive wonder boy of Republican politics. By the time he turned thirty-eight, in early 1989, he had achieved two lifelong dreams: managing a successful presidential campaign, for George Bush, and becoming chairman of the RNC.

Along the way, he also married Sally Dunbar. Like him, she is a native of South Carolina, but she had no interest in politics until she happened to meet Atwater while staying in Washington during the summer of 1973. To impress her, Lee, then head of a national group of college Republicans, borrowed George Bush's boat for their first date—and got stopped by the Coast Guard for speeding down the Potomac River.

''I said, 'He needs help,' '' Sally recalls, smiling. '' 'He needs someone to take care of him.' ''

Few of Atwater's political opponents would have shared that view. From the earliest days of his career, working in a series of campaigns in South Carolina, he had a reputation as a brash strategist whose no-holds-barred tactics consistently won elections—and enemies. His style was epitomized by a 1980 incident, when he joked that Tom Turnipseed, a Democrat who was running for Congress against Atwater's candidate, had been hooked up to ''jumper cables'' because Turnipseed had once received electroshock treatment for depression. Then, in the rough-and-tumble 1988 presidential campaign against Massachusetts governor Michael Dukakis, Atwater was widely blamed for exploiting the nation's racial divisions by highlighting the case of a black convict, Willie Horton, who had raped a white woman while out of jail on a prison-furlough program in Dukakis's state.

After Bush won the election, he gave Atwater the reward he wanted: the job of RNC chairman, at a salary of $125,000.

Yet Lee and Sally found themselves haunted by fears that their near-perfect world was about to change.

''I don't know if it was a premonition or what you'd call it,'' Sally says. In the weeks before Lee's illness struck in March 1990, the feeling returned again and again. ''It was something that never went away, and it only got stronger,'' Sally recalls now. She remembers telling herself, ''I can handle anything.''

Lee's apprehension was more specific, a constant nagging belief that he was about to undergo some kind of fundamental personal test. He shared his worries with his wife. ''I had to say, 'Yes, I agree with you. There is something out there,' '' Sally remembers. ''It was always like you were looking over your shoulder.''

At that time, Lee's eighteen-hour days were taking a toll. He traveled to forty-seven states in one year on GOP business: While on the road he often played his beloved guitar in rhythm-and-blues clubs. He saw little of his family, and he was constantly fatigued. ''The guy was pushing it hard,'' says Leslie Goodman, the RNC press secretary at the time.

In November 1989, Lee got a checkup at Sally's request. His doctor told him to eliminate his bottle-a-day hot-sauce habit, but a battery of tests failed to uncover any serious health problem. There was no particular reason to give him a CAT scan, which could have revealed the tumor growing in his brain.

Terrifying news

On March 5, 1990, Lee got up at five-thirty A.M. as usual. ''He came down the stairs; *(continued on page 220)*

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"OUT WITH THE OLD SHEET-COVERED SOFA, IN WITH BRIGHT GREEN AND WHITE STRIPES"

WEEKEND

"TO FINISH ON SCHEDULE, WE HAD TO SET GOALS AND PLAN EVERY DETAIL OF EACH WEEKEND"

"WE DIDN'T SPEND A FORTUNE, SO WE DON'T WORRY ABOUT THE GIRLS RUINING ANYTHING"

A REMARKABLE RENOVATION BECAME A FAMILY AFFAIR FOR ONE CONNECTICUT COUPLE. JOANNE AND JEFF REYNOLDS (AND THEIR TWO TODDLERS!) SPENT FOUR WEEKENDS TRANSFORMING A DINING ROOM TO HIDE FROM VIEW INTO A FAMILY ROOM TO BRAG ABOUT. HERE'S THEIR STEP-BY-STEP STORY.

BY LAUREN PAYNE, DECORATING EDITOR

UPDATE

"IT TOOK FIVE TRIES TO GET THE RIGHT GREEN PAINT, BUT NOW EVERYTHING MATCHES PERFECTLY"

For two years, the dining room in Joanne and Jeff Reynolds' seventy-nine-year-old Dutch colonial home suffered from a case of mistaken identity. The room had been taken over by toys, and it was seldom used for its traditional purpose: The couple ate casual weekday meals in their kitchen, and they rarely hosted formal sit-down dinner parties. When Joanne, a homemaker, and Jeff, an executive recruiter, both thirty-one, decided that the room needed fixing up, they realized that extra living space was a lot more important and more useful to them than extra dining space. The message was clear: Their dining room was meant to be a family room.

FIRST THINGS FIRST

Joanne and Jeff spent Friday night of the first renovation weekend doing some brainstorming. Because their budget was limited and the couple wanted to put as much money as they could into furniture and materials, they planned to cut costs by doing all the work themselves—from painting the walls and pulling up the carpet to sewing new pillows.

But before buying or doing anything, Joanne and Jeff had design decisions to make. With daughters Chase, two and a half, and Brynn, one, kidproof and comfortable was key. Other musts: lots of storage and a sophisticated (continued)

Charleston loveseat, Door Store; Mombasa wicker, cushions and matchstick blinds, Pier 1 Imports; window treatment and pillows, McCall Pattern Company; frames, Exposures; child's bistro rocker, Palecek; fabric, Waverly. Details, page 176. All photos: Jeff McNamara.

WEEKEND UPDATE

"WE WERE THINKING ONLY ABOUT THE LIVING SPACE WE'D GAIN, SO WE WERE SURPRISED TO FIND THAT THE ROOM HAS GIVEN OUR WHOLE HOUSE A REAL SENSE OF STYLE"

WEEKEND UPDATE

(continued) but relaxed style.

SHOP TILL YOU DROP

The next day, Saturday, the Reynoldses scoured local stores for durable, inexpensive furniture. Number-one on their shopping list was a good-looking, comfortable sofa to replace the old hand-me-down couch that they had camouflaged with a bed sheet. They browsed through several stores without any prospects, but by mid-afternoon they had found a celadon-green-and-white awning-stripe couch that even had the requisite stain-resistant upholstery. Although Joanne fell in love with the couch at first sight, she did have one reservation:

Would she be able to find a coordinating fabric for the swag curtains she planned to make? She got a swatch of the upholstery to take to the next stop, a decorator-fabric outlet, where she gathered still more samples for curtains.

Joanne and Jeff had decided on wicker for the rest of the furniture because it was less expensive than upholstered pieces and would look just as good. After leaving the fabric store, they stopped off at a local wicker shop. By that time, though, the kids were crying and cranky, and Joanne and Jeff thought the best thing for everyone was to go home and sleep on it.

And what a difference a day makes: Sunday, the Reynoldses ordered the couch (which would be delivered within two weeks) and went back to the wicker store to bring home two chairs, a footstool, two trunks (for storage and to use as occasional tables) and bamboo window shades. Joanne decided to wait to buy curtain fabric until the walls were painted so she could match the color better.

A ROOM WITH A HUE

Saturday morning of weekend number two—moving and painting day. Joanne and Jeff brought the dining table and chairs into the kitchen, threw out the old couch (the armoire and rocking chair survived the furniture purge) and covered the floor with a tarp before heading off to the paint store, upholstery swatch in hand.

"WHAT A GREAT FEELING IT IS TO HAVE A COZY, COMFORTABLE ROOM FOR THE WHOLE FAMILY TO ENJOY"

What started out as a quick jaunt to pick up matching green paint became a five-trip ordeal. Each time the store mixed a color, Joanne and Jeff brought it home only to see that it wasn't quite right—too dark, too light, too bright. After five tries, they settled on a pale moss green, and finally they could start painting.

On Sunday, Jeff removed the chandelier, then they painted the walls. By the end of the day, toddler Chase had paint in her hair, and toys and new furniture were scattered all over the house, but at least the painting was done.

WINDOW DRESSING

The sofa arrived Saturday morning of weekend three, and Joanne then decided on curtain fabric—a burgundy-and-green paisley. She went back to the fabric outlet—to buy, this time—and returned home to the sewing center she had set up in the kitchen. Each swag took just under three hours to make (using McCall's pattern 4621; turn to page 230 for a free pattern offer), and Joanne even had enough time and fabric left to stitch a few throw pillows.

Sunday, Jeff got out the hammer and nails and hung the bamboo blinds, then attached the swags to a wood base and put them up, too. At the same time, Joanne rag-painted their unfinished pine armoire. She gave it one coat of white, one coat of the green, and then dragged a rag dipped in white paint on top to create texture.

ACCESSORY NECESSITIES

Weekend four arrived, and it was time to hit the stores again in search of the finishing touches—lighting, pictures, an area rug and plants.

After an early Saturday-morning shopping excursion, Joanne, Jeff and the kids came back with two lamps, two rugs, a ficus tree and frames in tow. The only miss? A rug that was more blue than green, which went right back to the store.

Throughout the four-weekend renovation, the Reynoldses' social life remained on hold, and Saturday night they thought they all deserved a treat. So at dinnertime, out came the red picnic cloth for a pizza party to christen their new room.

Sunday was fun day, spent sifting through family photos, choosing which ones to display. When all the pictures were hung, Joanne and Jeff felt the room still needed something but couldn't figure out what. Chase and Brynn knew: Their toys were missing, so they quickly remedied the situation. After all, what's a family room without the family? ■

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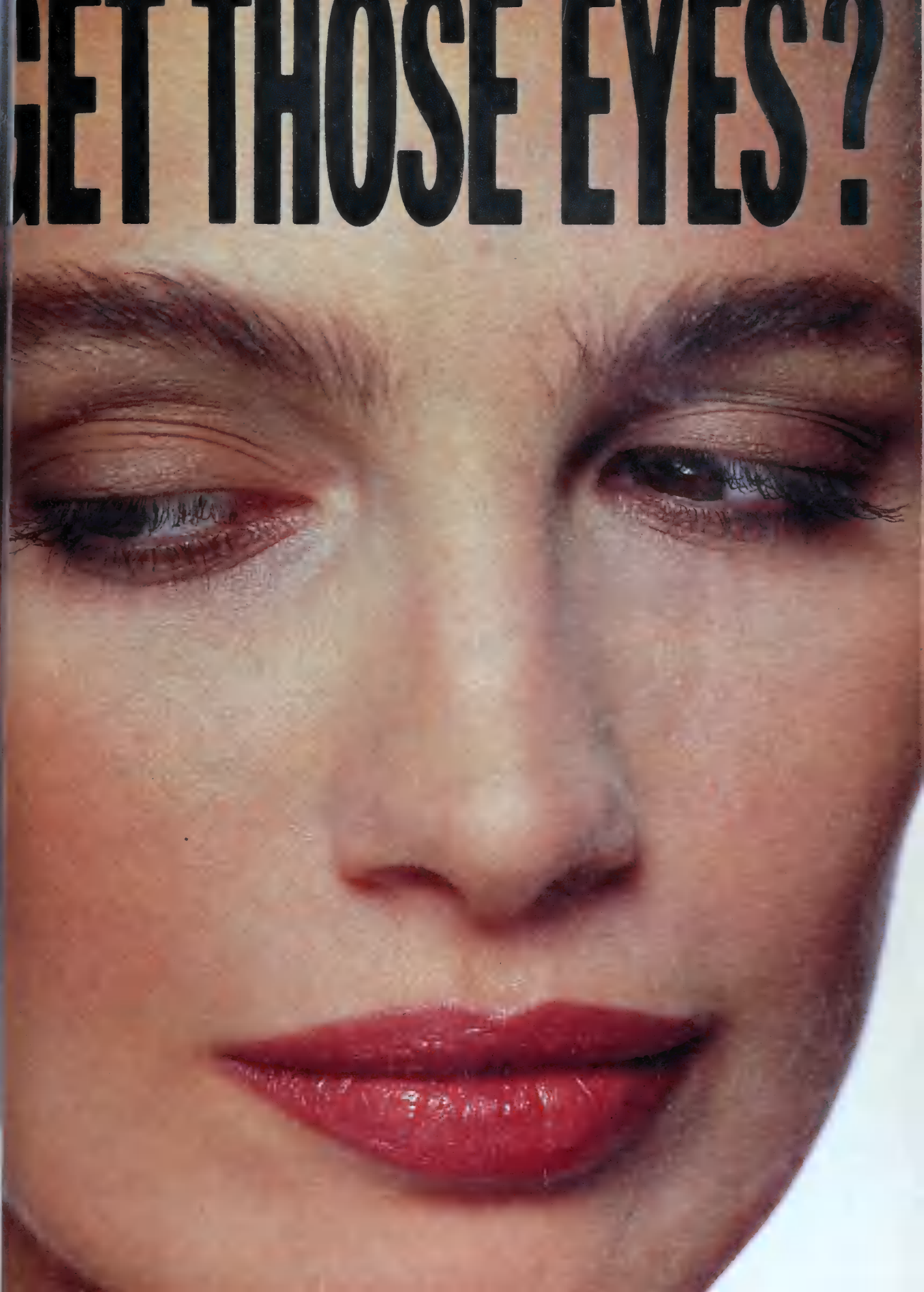
;ET THOSE EYES?



BOLDLY BEAUTIFUL REAL ELIZABETH TAYLOR GLAMOUR. FOR THIS LOOK, EYES AND BROWS ARE EQUALLY IMPORTANT (BROWS THIS STRONG MAY TAKE GETTING USED TO). THE NEUTRALS ARE RICH, IDEAL FOR EVENING

1

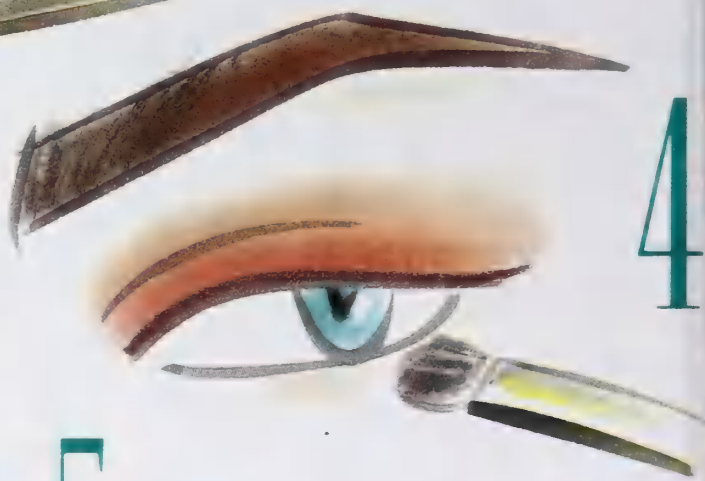
Begin this look the same way as the soft eye: Highlight the browbone with a fluffy brush, blending outward. Apply a warm brown shadow on crease with an angled shadow brush. Be sure to blend thoroughly.

2

Apply a brick-red shadow from lashline to crease. Blend up toward browbone and out with a clean makeup sponge. Don't add too much color. We recommend Cover Girl Pro-Colors Shadow in Terra Cotta.

3

Close eye and line with a brown liner. Don't follow shape of eye: Gradually raise pencil line 45° and fill in at outer corner. Liners to look for: Revlon's Micropure Precision Eyelining Pen in Sienna Brown, L'Oréal Le Grand Kohl Eye Pencil in Café.



4

Apply a luminescent tan shadow under eye with a small wedge brush. (Use a tweezers to clean up under-brow area.) Beef up brows with Cover Girl Pro-Brow Enhancer or Max Factor Brush & Brow Eyebrow Color. Brush to blend.

5

Fake lashes are the secret to this look. As with the liner, don't follow your natural lashline to the end when adhering lashes—bring outer corner up a bit. Apply mascara on real lashes to blend them with the fakes. Try Revlon's Quick Thick Mascara, L'Oréal Lash Out Lash Extending Mascara or Coty Thick and Healthy Mascara.

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AT LAST

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ITALIAN, RANCH, AND RED WINE VINEGAR.

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FOOD JOURNAL
"I LOVE TO BAKE"
A LOCAL TREASURE IN NEW YORK CITY, SARABETH LEVINE SHARES HER SIMPLY SCRUMPTIOUS SECRETS
TRIPLE-TESTED RECIPES
LHJ
GOURMET CLASSICS HALF THE PRICE, HALF THE TIME
COOKING UP YOUR FAVORITE ENTRÉES IS EASIER THAN EVER WITH RECIPES THAT CHEAT ON TIME AND MONEY, NOT TASTE
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TURN YOUR KITCHEN INTO A FOOD PHARMACY WITH DISHES THAT CAN PREVENT DISEASE

EASY AS 1·2·3

We can't think of a better way to enjoy spring than with this menu, featuring a seasonal favorite—asparagus

WARM ASPARAGUS SALAD

Asparagus is our favorite harbinger of spring. Thin asparagus is not only elegant, it's also easy to prepare—you don't need to peel it.

Trim 1 pound thin asparagus. Place asparagus and 1 tablespoon water in 2½-quart microwaveproof casserole with lid. Cover and microwave on High 4 to 5 minutes, until just tender.

Meanwhile, whisk 1 tablespoon fresh lemon juice, ¼ teaspoon *each* salt, freshly ground pepper and grated lemon peel, and a pinch of tarragon in small bowl. Gradually whisk in 2 tablespoons olive oil and 2 green onions, trimmed and sliced. Arrange 1 small head Boston lettuce, rinsed and dried, on serving platter. Drain asparagus. Pour dressing into casserole and toss with asparagus. Arrange asparagus on lettuce leaves and drizzle on any remaining dressing.

Nutrition info per serving: *90* calories, *3* gm protein, *7* gm fat, *5* gm carbohydrates, *140* mg sodium, *0* mg cholesterol.

menu

FOR FOUR

Warm Asparagus Salad

Glazed Ham Steak

Speedy Scalloped Potatoes

Strawberries with confectioners' sugar

Menu developed by Lisa Brainerd

SPEEDY SCALLOPED POTATOES

With the food processor and the microwave, you can deliver these tender, creamy potatoes in just fifteen minutes.

Combine ⅔ cup heavy or whipping cream, ½ teaspoon salt, ¼ teaspoon freshly ground pepper and a pinch of nutmeg in shallow 2½-quart microwaveproof and ovenproof casserole with lid. In food processor with slicing disk, slice 3 large baking potatoes (about 1¾ lb.), scrubbed and halved lengthwise, and 1 small onion. Toss with cream mixture. Cover and microwave on High 15 minutes, stirring every 5 minutes. Let stand 5 minutes.

Meanwhile, preheat broiler. Broil 2 to 3 minutes, until potatoes are golden brown and sauce is bubbling.

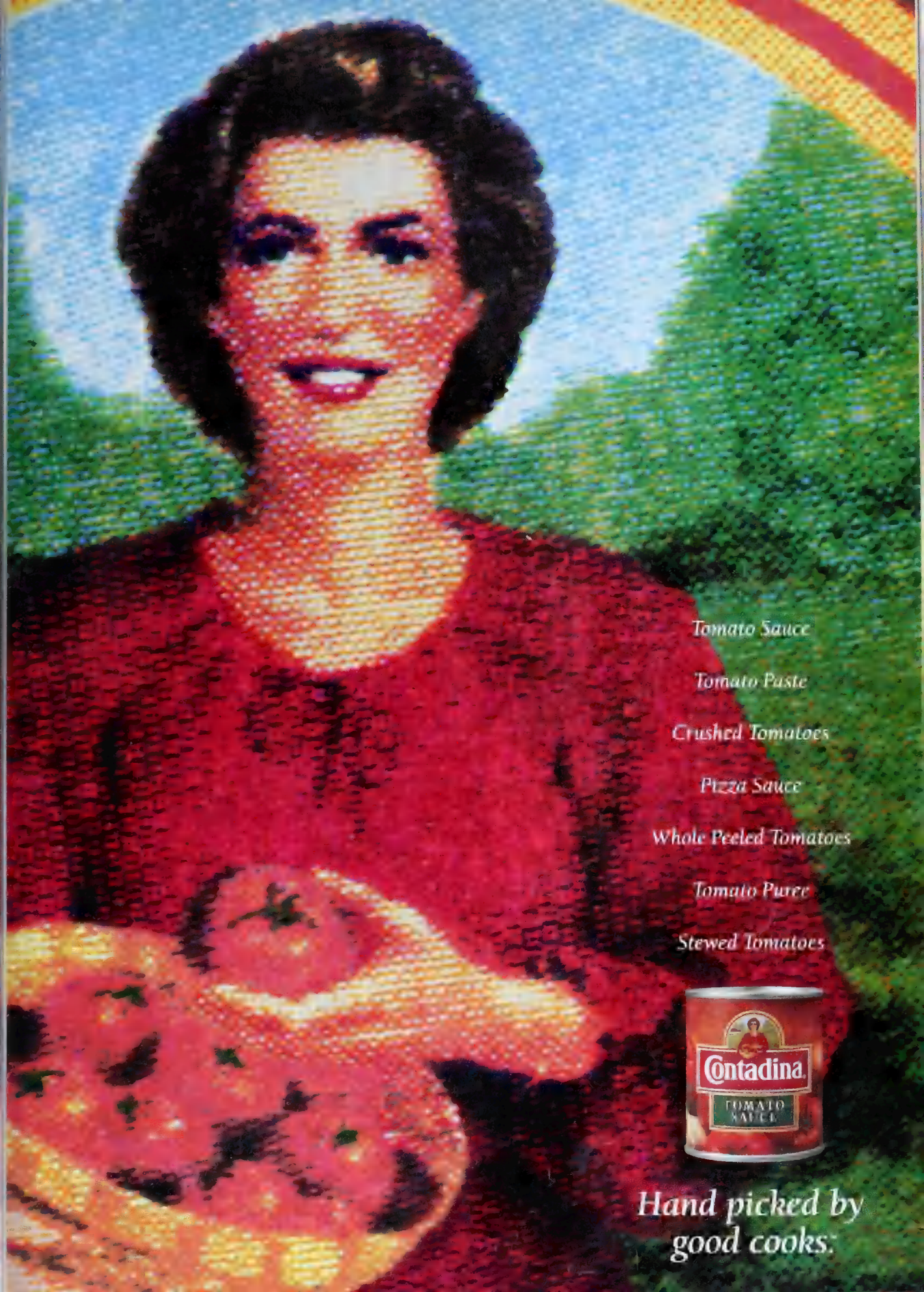
Nutrition info per serving: *265* calories, *5* gm protein, *15* gm fat, *30* gm carbohydrates, *301* mg sodium, *55* mg cholesterol.

GLAZED HAM STEAK

The shape of a ham steak makes it perfect for microwaving evenly. Slashing the edge helps keep the meat from curling.

Place 1¼ to 1½ pounds bone-in ham steaks (½-inch thick) in microwaveproof baking dish; slash edge. Cover with wax paper and microwave on High 4 minutes until hot. Meanwhile, combine ¼ cup apricot preserves, 1 tablespoon whole-grain mustard, and a pinch *each* cloves and ground red pepper in small bowl. Spread over ham and microwave uncovered on High 1 minute more.

Nutrition info per serving: *355* calories, *30* gm protein, *19* gm fat, *14* gm carbohydrates, *2,054* mg sodium, *78* mg cholesterol.


Tomato Sauce
Tomato Paste
Crushed Tomatoes
Pizza Sauce
Whole Peeled Tomatoes
Tomato Puree
Stewed Tomatoes
Contadina
TOMATO
SAUCE
Hand picked by
good cooks.

LEFT, MACAROONS, BROWNIES, PEACH, CHOCOLATE CHUBBIES. ABOVE, LEMON TART

SARABETH LEVINE TOOK AN OLD FAMILY RECIPE FOR MARMALADE AND TURNED IT INTO ONE OF NEW YORK CITY'S SWEETEST SUCCESS STORIES

"I LOVE TO BAKE"

When you walk into Sarabeth's restaurant on Manhattan's West Side, you can't resist a peek into the old-fashioned display case. It's full of wicked delights: Rich chocolate chubbies (because "that's what happens when you eat them," says Sarabeth), luscious cream pies and fresh muffins are all enticingly arrayed. The restaurant, which looks like a Colonial-style tea room, is filled with the aroma of vanilla and just-baked scones. And there to keep a finger in every pot is Sarabeth Levine, a forty-seven-year-old mother of two grown daughters. "I'm here all the time. I love my restaurant. I love what I do," she says. But she didn't always.

Ten years ago, Sarabeth was unhappily selling insurance when she first served her *(continued)*

(continued) preserves at the opening of a cafe that her husband, Bill, a builder, had just completed. The jams were so popular that she cooked up a scheme for selling them. Armed with a winning two-hundred-year-old family recipe for orange-apricot marmalade and a few samples from her kitchen, she set out. "I went to Balducci's [a famous New York City gourmet store] and told them that Bloomingdale's had just signed me on. Then I went to Bloomingdale's and told them that Balducci's had just signed me on. I wound up signing on in both stores, and that's how it all began."

Then, Sarabeth opened a bakery with a few tables. She soon started serving eggs, waffles, and the works. Now she sells her preserves through catalogs (to order, call 212-410-7335), and New Yorkers, not known for their patience, wait in line to have Sunday brunch at her two restaurants. (The other, also called Sarabeth's, is on New York's East Side.)

What lures them? Eating at Sarabeth's is like eating at home—only better. How could you feel anything but completely pampered while you're eating Mama Bear Porridge or preserves named Rosy Cheeks, or sipping tea and tasting Sarabeth's favorite dessert, little chocolate sandwich cookies or her ultrachocolate brownies?

Sarabeth works hard to make her customers happy—fourteen-hour days, often seven days a week. "It started out more like fun, and there I was, eight months later, in business."

Luckily, she has help. Bill, who calls himself Mr. Sarabeth, takes care of all the administrative and money matters (he also built both restaurants), but Sarabeth admits their tastes in food aren't exactly the same. "He's a meat-and-potatoes guy. I like those little chocolate cookies. Those are a perfect example of what I like to eat and the way I like to see things, with ribbons and pretty doilies, and everything displayed properly."

Preciseness, in fact, is one aspect of baking that enticed Sarabeth, who never even baked a brownie until the age of nineteen, when her first husband's mother began to teach her. "When you're cooking on the stove, if a dish is too salty, you can add some chicken stock or a little lemon juice. But once you add that salt and put whatever you're baking in the oven, what you see is what you get. I find that part very challenging."

For Sarabeth, the secret to success is an ingredient found in all great cooks: She loves food. "I love to bake, and I love to eat what I make."

So do we—and so will you.

—MARIANNE WAIT

I LOVE TO BAKE
continued

Easy ◯ Challenging ●
Moderate ◒ Microwave Ⓜ

SCONES

If any of these are left over, they freeze beautifully. To freshen, just reheat for five to ten minutes in a 350°F. oven.

Prep time: 12 minutes ◯
Baking time: 25 to 30 minutes

- 1 cup milk
- 1 large egg, beaten
- ½ cup currants
- 3 cups all-purpose flour
- 4 teaspoons baking powder
- 1 tablespoon sugar
- ¾ teaspoon salt
- ½ cup unsalted butter, cut up
- 1 egg beaten with 1 tablespoon milk, for glaze

Preheat oven to 450°F. Line cookie sheet with parchment paper, or grease and flour cookie sheet.

Combine milk, egg and currants in small bowl; set aside. Stir flour, baking powder, sugar and salt together in mixer bowl. Add butter and mix at low speed until almost incorporated. Stir in milk mixture just until combined. On floured surface, knead lightly 8 to 10 turns (dough will be sticky). Pat dough 1½ inches thick. Cut with floured 2-inch round biscuit cutter and place circles 1 inch apart on prepared cookie sheet. Press scraps together and repeat. Brush tops of scones with glaze. Place in oven; reduce temperature to 400°F. Bake 25 to 30 minutes. Serve with butter and Strawberry-Peach Preserves (recipe follows). Makes 1½ dozen.

Per scone: 155 calories, 4 gm protein, 6 gm fat, 20 gm carbohydrates, 202 mg sodium, 39 mg cholesterol.

STRAWBERRY-PEACH PRESERVES

Sarabeth does not add pectin to her preserves. There is natural pectin in fruit, especially in the seeds, and long cooking develops the jelling properties.

Prep time: 10 minutes plus cooling ◯
Cooking time: 1 hour 15 minutes

- 2½ pounds fresh peaches, peeled, c
  pounds frozen sliced peaches
- 6 cups sugar, divided
- 2 pints strawberries, hulled and halved
- ¼ cup fresh lemon juice

Cut peaches into 1-inch chunks. Toss 3 cups sugar in large nonaluminum Cook over medium heat, stirring o sionally, until sugar is dissolved minutes.

Stir in remaining sugar, strawb and lemon juice. Increase heat to m um-high and bring mixture to a boil duce heat and simmer, stirring occa ally, until mixture is thick and hol shape when spooned on chilled about 1 hour. Ladle preserves into 1-pint preserving jars. Process acco to manufacturer's directions. Or, completely and refrigerate up months. Makes 6 cups.

Per tablespoon: 55 calories, 0 gm protein, 0 g 14 gm carbohydrates, 0 mg sodium, 0 mg chole

CORN MUFFINS

Two unusual features make Sarab corn muffins so popular: The butter sugar are creamed together to giv batter a velvety texture, and canned provides sweetness and crunch.

Prep time: 25 minutes
Baking time: 20 minutes

- ¾ cup unsalted butter, softened
- ¾ cup sugar
- 3 large eggs
- 1⅔ cups all-purpose flour
- 1⅔ cups yellow cornmeal
- 4 teaspoons baking powder
- ½ teaspoon salt
- 2 cups milk
- 1 can (8¾ oz.) whole-kernel corn, drained

Preheat oven to 425°F. Grease 2 d 2½-inch muffin-pan cups.

Beat butter with sugar in mixer until light and fluffy. Beat in eggs one time, beating well after each add Combine flour, cornmeal, baking po and salt in medium bowl. With mix low speed, add dry ingredients to b mixture alternately with *(contin*

Big Raves

With Easy Little Cheese Cakes.*

MINI-CHEESECAKES

(Makes 12)

12 vanilla wafers
2 8 oz. packages cream cheese, softened
½ c. sugar
1 tsp. vanilla
2 eggs

Line muffin tin with foil liners.

Place one vanilla wafer in each liner. ◊ Mix cream cheese, vanilla and sugar on medium speed until well-blended. ◊ Add eggs. Mix well. Pour over wafers, filling ¾ full. Bake 25 min. at 325°.

Remove from pan when cool. ◊ Chill ◊ Top with fruit, preserves, nuts or chocolate. ◊ Be creative

*Actual size is cupcake size.

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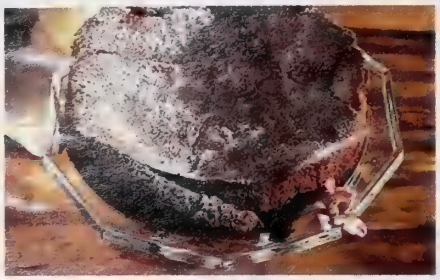
National Dairy Board 1989

REATE A STIR WITH CREAM CHEESE.

milk, beginning and ending with dry ingredients. Fold in corn. Spoon batter into prepared muffin cups. Bake 20 minutes or until toothpick inserted in center comes out clean. Cool in pans on wire racks 10 minutes. Remove from pans and cool completely on racks. Makes 2 dozen.

Per muffin: 170 calories, 3 gm protein, 7 gm fat, 23 gm carbohydrates, 136 mg sodium, 45 mg cholesterol.

CHOCOLATE SAN ANDREAS CAKE



This very dense chocolate cake is named after the famous California fault because it forms big cracks as it bakes and cools.

Prep time: 20 minutes plus cooling ○
Baking time: 45 to 50 minutes

- 8 squares (8 oz.) semisweet chocolate, coarsely chopped
- 6 squares (6 oz.) unsweetened chocolate, coarsely chopped
- ¾ cup unsalted butter, cut up
- 9 large eggs, at room temperature
- 1½ cups sugar
- 1 teaspoon vanilla extract
- 2 tablespoons all-purpose flour
- Confectioners' sugar

Adjust oven rack to lower third of oven. Preheat oven to 350°F. Butter and flour 10-inch springform pan.

Heat chocolates and butter in double boiler over simmering water, stirring frequently, until melted. Remove from heat and cool to room temperature, stirring occasionally, about 25 minutes.

Beat eggs in large mixer bowl until frothy. Gradually add sugar and beat until mixture becomes thick and lemon-colored and ribbon forms when beaters are lifted, about 10 minutes. Add vanilla. Gradually add chocolate mixture and beat well. Fold in flour. Pour batter into prepared pan.

Bake 45 to 50 minutes, until the top of the cake begins to crack. Cool completely in pan on wire rack, then wrap and refrigerate overnight. Let stand at room temperature 1 hour before serving. Remove sides of pan and place on serving plate. Sprinkle top with confectioners' sugar. For best results, cut cake with knife dipped in warm water, wiping off knife between cuts. Makes 16 servings.

Per serving: 320 calories, 5 gm protein, 22 gm fat, 31 gm carbohydrates, 37 mg sodium, 143 mg cholesterol.

BANANA CREAM PIE IN ALMOND CRUST

Use a vanilla bean if you can—this simple ingredient is what makes a delicious custard sublime. The nut crust adds another interesting twist to a classic dessert.

Prep time: 1 hour plus chilling ◒
Baking time: 25 minutes

Pastry
- ¾ cup unsalted butter, softened
- ½ cup sugar
- 1 large egg
- 1¼ cups (6 oz.) ground toasted almonds
- 1½ cups all-purpose flour
- ⅛ teaspoon salt
- ⅛ teaspoon baking powder

- 1½ teaspoons unflavored gelatin
- 3 tablespoons cold water
- ½ vanilla bean or 1 tablespoon vanilla extract
- 1 cup milk
- 3 large egg yolks
- ⅓ cup sugar
- 1 tablespoon cornstarch
- ⅛ teaspoon salt
- 1¼ cups heavy or whipping cream, divided
- 4 ripe bananas, sliced
- ⅓ cup confectioners' sugar
- 1 banana, sliced, for garnish

Pastry: Beat butter and sugar together in mixer bowl until light and fluffy. Beat in egg until smooth. Combine almonds, flour, salt and baking powder in medium bowl; stir into butter mixture until well combined. Divide into 2 balls, wrap in plastic wrap and flatten. (Freeze 1 piece for later use.) Refrigerate remaining pastry ball 1 hour. Then roll between 2 sheets of wax paper into 11-inch circle. Fit into 9-inch pie plate. Freeze 20 minutes.

Meanwhile, preheat oven to 350°F. Line pie plate with foil; fill with dried beans. Bake 15 minutes; remove foil and beans and bake pastry 10 minutes more or until golden. (Reserve beans for baking your next pastry.) Cool completely on wire rack.

Sprinkle gelatin over water in small bowl; let soften 5 minutes. Split vanilla bean in half lengthwise; scrape out se Place seeds and pod in medium sa pan with milk; bring to boil. Meanwl combine sugar, cornstarch and sa small bowl. Whisk in egg yolks. Gradu whisk hot milk into yolk mixture. Retur saucepan; bring to boil, whisking c stantly. Reduce heat to low; cook 2 utes more, whisking. Remove from h and stir in gelatin until completely solved. Refrigerate, stirring occasion until mixture mounds when dropped fl spoon, 30 to 45 minutes. Remove va pod.

Beat ¾ cup cream in mixer bowl to peaks. Gently fold into gelatin mixt Fold in bananas and pour into coo crust. Refrigerate until set, 2 hours.

To serve, beat remaining ½ cup cre in mixer bowl to soft peaks; add con tioners' sugar and continue beating stiff. Pipe or spoon decoratively on to pie. Garnish with additional sliced nana. Makes 10 servings.

Per serving: 565 calories, 9 gm protein, 37 gm 52 gm carbohydrates, 98 mg sodium, 166 mg ch terol.

CHOCOLATE CHUBBIES

pictured on pages 164 and 165
These intensely chocolate cookies des their name—because of their shape course, and yours if you eat too many

Prep time: 30 minutes plus cooling
Baking time: 10 to 12 minutes

- 8 squares (8 oz.) semisweet chocol
- 3 squares (3 oz.) unsweetened chocolate
- ½ cup unsalted butter
- 3 large eggs, at room temperature
- 1¼ cups sugar
- 2 teaspoons vanilla extract
- ⅔ cup all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 1½ cups semisweet chocolate chips
- 1½ cups chopped, toasted walnuts
- 1½ cups chopped, toasted pecans

Preheat oven to 325°F. Grease 3 co sheets. Melt chocolate with butter in ble boiler over simmering water. Coo room temperature. Beat eggs with su in mixer bowl until ribbon forms w beaters are lifted. Beat in chocolate ture and vanilla. Combine flour, ba powder and salt in medium bowl and into chocolate mixture just until combi (do not overmix). Stir in chocolate c and nuts. Drop batter by quarter-cup 2 inches apart onto prepared co sheets (do not flatten). Bake 10 to 12 utes or until barely firm and tops are dry and slightly cracked. Cool on co sheets 2 minutes. Gently transfer to racks to cool completely. Makes 25.

Per cookie: 300 calories, 4 gm protein, 21 gm fa gm carbohydrates, 39 mg sodium, 36 mg choles

(continu

The Big Spider was about to attack. I had to think Quick... So I ate him!

With a little Cool Whip® and your child's wacky imagination, Crazy Cakes with Cool Whip® are not only simple and scrumptious, but berry berry fun!

Cool Whip® Crazy Cakes

Whipped Topping

Berry Funny Faces

½ cup sugar
1 package (8 oz.) Philadelphia Brand Cream Cheese, softened
½ cup milk
2 teaspoons vanilla
3½ cups (8 oz.) Cool Whip® Whipped Topping, thawed
12 individual sponge cake shells
Strawberries

Additional Garnish Suggestions:
Blueberries, string licorice, toasted coconut, sprinkles & assorted candies.

- **MIX** sugar and cream cheese in a bowl. Gradually beat in milk until well blended and smooth. Stir in whipped topping, mixing well.
- **SPOON** about ⅓ cup of mixture into each dessert shell.
- **GARNISH** as desired.
- **SERVE** immediately. Refrigerate any leftover filling. Makes 12 servings.

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MACAROONS

pictured on pages 164 and 165
These fly off the shelves at Sarabeth's Kitchen, especially during Passover. Tip: Place the vanilla-bean pod in sugar for a few weeks, then use the flavored sugar for baking or in your coffee.

Prep time: 15 minutes
Baking time: 20 to 25 minutes

- 3 tablespoons water
- 1 teaspoon light corn syrup
- Pinch salt
- ¾ cup sugar
- 8 ounces (2¾ cups) unsweetened coconut*
- ½ vanilla bean or 1 tablespoon vanilla extract
- 4 large egg whites
- ¼ teaspoon grated orange peel

Preheat oven to 325°F. Line 2 cookie sheets with parchment paper or foil. Combine water, corn syrup and salt in small saucepan and bring to boil. Add sugar and cook, stirring, over medium heat until dissolved. Transfer to large bowl and stir in coconut. Split vanilla bean lengthwise. Scrape out seeds (reserve pod) and add seeds to mixture with egg whites and orange peel. Drop by level tablespoonfuls ½ inch apart on prepared cookie sheets; shape into mounds. Bake 20 to 25 minutes, until pale golden. Cool completely on sheets on wire racks, then peel off paper. Makes 3 dozen.

*Unsweetened coconut is available in health-food stores and Asian specialty markets.

Per cookie: 60 calories, 1 gm protein, 4 gm fat, 6 gm carbohydrates, 12 mg sodium, 0 mg cholesterol.

RUGELACH

pictured on pages 164 and 165
Sarabeth uses her own preserves, but any good-quality preserves yield fine results.

Prep time: 30 minutes plus chilling
Baking time: 40 to 45 minutes

- 1 cup unsalted butter, softened
- 1 package (8 oz.) cream cheese, softened
- ½ cup plus 2 tablespoons granulated sugar, divided
- ½ teaspoon vanilla extract
- ¼ teaspoon salt
- 2 cups all-purpose flour
- ¾ cup finely chopped walnuts
- ½ cup currants
- 2 tablespoons cinnamon
- ½ cup plum or seedless raspberry preserves
- Sifted confectioners' sugar

Beat butter and cream cheese in large mixer bowl until light and fluffy. Beat in 2 tablespoons sugar and the vanilla and salt. With mixer at low speed, stir in flour until just combined.

On floured surface with floured hands, knead dough briefly just until smooth, 10 seconds. Divide into thirds. Shape each piece into 5-inch circle, ¾-inch thick. Wrap well; refrigerate 1 hour or overnight.

Preheat oven to 325°F. Line 2 cookie sheets with parchment paper or foil. Combine remaining ½ cup sugar and the walnuts, currants and cinnamon in bowl.

On floured surface with floured rolling pin, roll 1 piece dough into 14-inch circle. Spread top with one third of the preserves, leaving 1-inch border around edge. Sprinkle with one third of the cinnamon-sugar mixture. Cut circle into 12 wedges with sharp knife or pastry cutter. Starting at wide edge, roll up each wedge toward the point. Transfer rolls to prepared cookie sheet and shape into crescents. Bake in lower third of oven 40 to 45 minutes, until lightly browned. Transfer to wire rack to cool completely. Repeat process 2 more times with remaining dough, preserves and cinnamon-sugar. To serve, sprinkle with sifted confectioners' sugar. Makes 3 dozen.

Per cookie: 140 calories, 2 gm protein, 9 gm fat, 14 gm carbohydrates, 36 mg sodium, 21 mg cholesterol.

LEMON TART

pictured on pages 164 and 165
The pastry recipe for this English tart was given to Sarabeth by her friend, baker Michael London of Saratoga, New York. The lemon-curd filling is lightened in texture by the addition of whipped cream.

Prep time: 1 hour plus chilling
Baking time: 22 to 25 minutes

Pastry

- 1 cup all-purpose flour
- ⅛ teaspoon salt
- ½ cup unsalted butter, softened
- 2 tablespoons confectioners' sugar
- ¼ teaspoon grated lemon peel
- 1 large egg yolk
- 1 teaspoon water

Filling

- 1 teaspoon unflavored gelatin
- ½ cup fresh lemon juice, divided
- 1 cup granulated sugar
- 4 large egg yolks
- 1 tablespoon grated lemon peel
- ¼ cup unsalted butter, cut up
- ¾ cup heavy or whipping cream, beaten until stiff

- ½ pint fresh raspberries
- Mint sprig, for garnish

Pastry: Combine flour and salt. Beat butter in mixer bowl until light; beat in sugar and lemon peel. Beat in egg yolk and water. Reduce speed to low and add dry ingredients, beating until just combined (mixture will be crumbly). Shape pastry into a thick disk; wrap well and refrigerate 2 hours or overnight.

Preheat oven to 400°F. Roll pastry tween 2 sheets of floured wax paper 12-inch circle, ⅛-inch thick. Fit into inch tart pan with removable bottom. pan with foil; fill with dried beans. B 10 minutes. Remove foil and beans bake pastry 12 to 15 minutes more, golden. (Reserve beans for baking next pastry.) Cool completely in pa wire rack.

Filling: Sprinkle gelatin over ¼ cup le juice; let stand until softened, 5 min Combine remaining ¼ cup lemon j sugar, egg yolks and peel in double er. Cook over simmering water, sti constantly, until mixture is thickened minutes. Add gelatin mixture and c stirring, until completely dissolved, abo minutes more. Remove from heat an in butter until melted. Transfer to b and cool completely at room temp ture. Fold in whipped cream with ru spatula. Pour into prepared crust. Re erate 2 hours or overnight. Top with r berries. Garnish with mint sprig. M 10 servings.

Per serving: 350 calories, 4 gm protein, 23 gm 34 gm carbohydrates, 41 mg sodium, 168 mg c terol.

SARABETH'S BROWNIES

pictured on pages 164 and 165
The key to great, chewy, moist browni not to overbake, hence the odd ba time in this recipe.

Prep time: 30 minutes
Baking time: 33 to 37 minutes

- 16 squares (16 oz.) semisweet chocolate, coarsely chopped
- ¾ cup water
- ¾ cup unsalted butter, cut up
- 1 cup sugar
- 6 large eggs
- 1 tablespoon vanilla extract
- 1¾ cups all-purpose flour
- 1 teaspoon salt
- ¾ teaspoon baking soda
- 2⅔ cups (1 lb.) chocolate chips

Preheat oven to 325°F. Grease 15½x10½-inch jelly-roll pan.

Combine chopped chocolate, w and butter in large double bo Heat over simmering water, sti frequently, until melted. Transfer to m bowl and stir in sugar; beat until cool, 1 20 minutes. Add eggs one at a time, bea well after each addition. Beat in va Combine flour, salt and baking sod medium bowl. Add to chocolate mixt mix well. Fold in chocolate chips.

Pour batter into prepared jelly-roll and smooth surface with spatula. Bake to 37 minutes, until toothpick inserte inches from edge comes out clean. C on wire rack at least 4 hours. Cut 2½-inch squares. Makes 2 dozen.

Per brownie: 330 calories, 5 gm protein, 20 gm 38 gm carbohydrates, 148 mg sodium, 72 mg c terol.

DX, BOX 100s: Less than 0.5 mg. "tar", less than 0.05 mg. cotine, SOFT PACK FILTER, MENTHOL: 1 mg. "tar", 0.1 mg. cotine, SOFT PACK 100s FILTER, MENTHOL: 2 mg "tar", 2 mg. nicotine av. per cigarette by FTC method.

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ABOVE: PRESSURE-COOKER BEEF CARBONNADE, RIGHT: TENDER TURKEY PICCATA

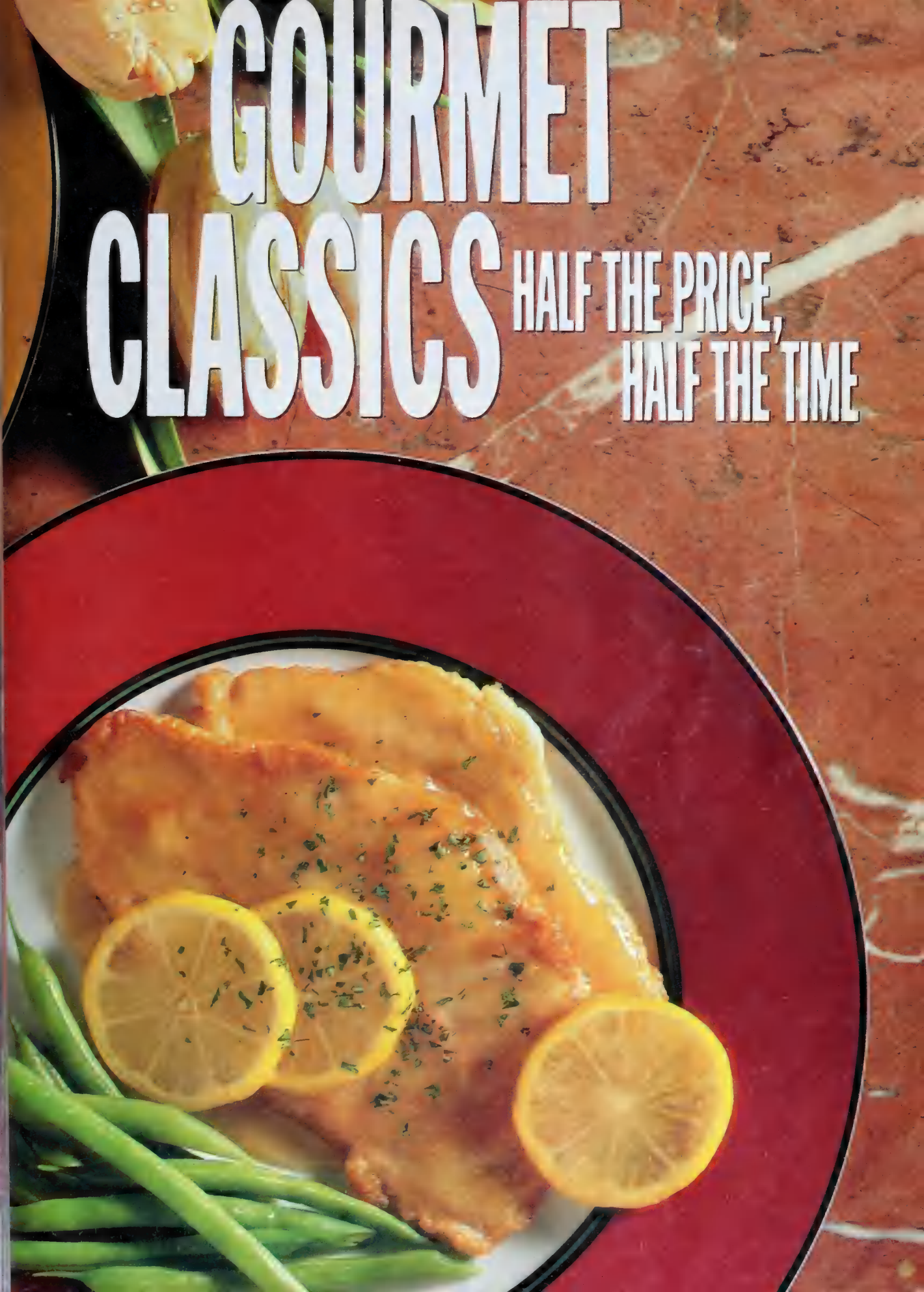
THESE ELEGANT, PERFECT-FOR-COMPANY ENTRÉES PROVE THAT LESS IS MORE: HALF OF THEM BEAT THE CLOCK, HALF CHEAT THE BUDGET, AND ALL TASTE EVERY BIT AS EXTRAVAGANT AS THE ORIGINAL CREATIONS.

BY JAN TURNER HAZARD, FOOD EDITOR

Photo, Matthew Klein; prop stylist, Judy Singer; food stylist, A.J. Battifarano.

GOURMET CLASSICS

HALF THE PRICE, HALF THE TIME



Easy · Moderate · Challenging · Microwave

QUICK CASSOULET

It's hard to believe that you can get such hearty flavor from this cassoulet when the traditional French stew simmers for hours. We cheat the clock, but not the palate, by using canned beans, and chicken instead of duck.

Prep time: 25 minutes ○
Cooking time: 35 minutes

- 3 slices bacon, diced
- 6 chicken thighs (2 lb.)
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 cup chopped onions
- 2½ teaspoons minced garlic, divided
- ½ cup white wine
- 1 can (14 oz.) tomatoes, drained
- ½ bay leaf
- ¼ teaspoon thyme
- ¼ teaspoon rosemary
- 2 cans (19 oz. each) cannellini (white) beans, drained and rinsed
- 8 ounces light kielbasa sausage, cut into ½-inch chunks (2 cups)
- ½ cup fresh bread crumbs
- ¼ cup chopped fresh parsley

Cook bacon in large skillet over medium-high heat until crisp; drain on paper towels. Discard all but 1 tablespoon drippings from skillet. Sprinkle chicken with salt and pepper. Add to skillet and brown on both sides, about 5 minutes. Remove from pan and set aside. Add onions to skillet and cook over medium heat until tender, 5 minutes. Add 2 teaspoons garlic and cook 30 seconds. Add wine, tomatoes, bay leaf, thyme and rosemary, stirring to break up tomatoes. Return chicken to skillet and bring just to boil. Reduce heat and simmer covered 20 minutes. Add beans and sausage; simmer uncovered 10 minutes more.

Meanwhile, preheat broiler. Combine bread crumbs, parsley and remaining ½ teaspoon garlic in small bowl. Remove bay leaf from cassoulet and stir in bacon. Spoon into shallow 2-quart baking dish and sprinkle evenly with crumbs. Broil 1 minute or until golden. Makes 6 servings.

Per serving: 545 calories, 38 gm protein, 31 gm fat, 28 gm carbohydrates, 994 mg sodium, 131 mg cholesterol.

MICRO VEAL MARENGO

Yes, you can create a sumptuous stew in the microwave—just brown the meat first. Originally named for a Napoleonic victory in 1800, our Veal Marengo is a time-saving triumph.

Prep time: 30 minutes ○Ⓜ
Microwave time: 35 minutes

- 2 pounds veal stew meat, cut into 1-inch cubes
- ¾ teaspoon salt
- ⅛ teaspoon freshly ground pepper
- 2 tablespoons flour, divided
- 6 teaspoons olive oil, divided
- 1 tablespoon butter or margarine
- 2 cups chopped onions
- 1 teaspoon minced garlic
- 1 teaspoon chopped fresh thyme or ¼ teaspoon dried
- 1 can (14 oz.) plum tomatoes, drained and chopped
- ¾ cup white wine
- 1 strip (2x1-inch) orange peel
- 8 ounces small mushrooms, halved
- Cooked egg noodles (optional)

Pat veal dry on paper towels; sprinkle with salt and pepper. Toss half the veal with 1 tablespoon flour in bowl.

Heat 2 teaspoons oil in large skillet over medium-high heat. Add floured veal and brown on all sides, 5 minutes. Transfer pieces to 3-quart microwaveproof casserole with lid. Repeat browning with 2 more teaspoons oil and remaining flour and veal; transfer to casserole.

Melt butter in same skillet over medium-high heat. Add onions and cook until translucent, 3 minutes. Stir in garlic and thyme; cook 30 seconds. Add tomatoes and wine; bring to boil. Boil 1 minute, scraping up any browned bits at bottom of pan. Add mixture to casserole with orange peel, tossing to coat veal.

Cover casserole and microwave on High until veal is tender, 35 minutes, stirring every 10 minutes. Let stand covered 5 minutes. Meanwhile, heat remaining 2 teaspoons oil in skillet over medium heat. Add mushrooms and cook until golden; stir into casserole. Serve with buttered egg noodles. Makes 6 servings.

Per serving: 275 calories, 33 gm protein, 11 gm fat, 11 gm carbohydrates, 532 mg sodium, 132 mg cholesterol.

CHOPPED STEAK AU POIVRE

The pepper packs a real punch in elegant entrée. And it's as much knockout with ground beef as with ex agant sirloin or filet mignon.

Prep time: 10 minutes
Cooking time: 13 minutes

- 1½ pounds lean ground beef
- 2 tablespoons freshly cracked pep
- Salt
- 1 tablespoon olive oil
- 1 tablespoon butter or margarine
- ⅓ cup finely chopped shallots
- ¼ cup brandy
- ½ cup beef broth
- ¼ cup heavy or whipping cream
- 2 tablespoons chopped fresh parsl
- Steamed spinach and sautéed cl tomatoes (optional)

Shape beef into four ¾-inch-thick patties. Coat both sides evenly with per; sprinkle lightly with salt.

Heat oil in large skillet over mec high heat. Add beef and cook 3 minutes per side for medium-rare. T fer beef to serving platter; cover keep warm.

Discard any drippings from skillet. butter and melt over medium-high Add shallots and cook until soften minute. Add brandy and carefully i shaking pan constantly until flame down. Pour in broth and boil 3 mir Stir in cream and boil until sauce is t ened, 1 minute more. Stir in parsley. sauce over beef. Serve immediately spinach and tomatoes. Makes 4 serv

Per serving: 465 calories, 31 gm protein, 35 g 5 gm carbohydrates, 264 mg sodium, 13 cholesterol.

SEAFOOD NEWBURG

Sometimes called poor man's lob monkfish has a firm, meaty texture a subtle flavor. Our Newburg *(contin*

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GOURMET CLASSICS
continued

sauce would make any fish seem luxuriously rich.

Prep time: 5 minutes
Cooking time: 15 minutes

- 1½ pounds boneless monkfish or cod fillets, cut into 1½-inch chunks
- ⅛ teaspoon salt
- 1 bottle (8 oz.) clam juice
- 2 tablespoons butter or margarine
- 2 tablespoons minced shallots
- ⅛ teaspoon paprika
- 2 tablespoons flour
- 1 tablespoon dry sherry
- 2 teaspoons tomato paste
- ¼ cup heavy or whipping cream
- 1 tablespoon chopped fresh chives
- 1 tablespoon chopped fresh parsley
- Fresh chives, for garnish
- Cooked rice

Toss fish with salt in bowl. Bring clam juice to boil in large skillet. Add fish and reduce heat to medium-low. Cover and simmer until fish is just opaque, 3 to 5 minutes. With slotted spoon transfer fish to warm serving dish; cover. Reserve broth.

Melt butter in large saucepan over medium-high heat. Add shallots and paprika; cook until shallots are softened, 1 minute. Stir in flour and cook 1 minute more. Gradually whisk in warm broth, sherry and tomato paste until smooth. Boil, whisking, 1 minute. Add cream and cook 1 minute more. Stir in chives and parsley. Pour sauce over fish. Garnish with chives and serve with rice. Makes 4 servings.

Per serving: 255 calories, 26 gm protein, 14 gm fat, 5 gm carbohydrates, 316 mg sodium, 78 mg cholesterol.

TURKEY PICCATA

pictured on pages 172 and 173
Turkey cutlets, pounded very thin and browned quickly, are every bit as delicate as veal. They're the perfect solution when you want to serve a less expensive, just-as-elegant alternative.

Prep time: 10 minutes
Cooking time: 6 minutes

- 1¼ pounds turkey breast cutlets
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ⅓ cup all-purpose flour
- 2 tablespoons olive oil, divided
- ½ cup dry white wine
- 1 lemon, sliced thin
- 1 tablespoon butter
- Parsley sprigs
- Cooked green beans (optional)

Place turkey between 2 sheets of wax paper; pound to ⅛-inch thick. Sprinkle with salt and pepper. Place flour on plate; dip turkey in flour to coat both sides, shaking off excess.

Heat 1 tablespoon oil in large skillet over high heat. When hot, add half the turkey and cook until golden, about 1 minute per side. Transfer to serving platter. Add remaining 1 tablespoon oil to skillet and repeat with remaining turkey; transfer to platter. Add wine and lemon slices to skillet and bring to boil, stirring to scrape up browned bits. Swirl in butter. Pour over turkey and garnish with parsley. Serve with green beans. Makes 4 servings.

Per serving: 305 calories, 34 gm protein, 12 gm fat, 9 gm carbohydrates, 400 mg sodium, 96 mg cholesterol.

PRESSURE-COOKER BEEF CARBONNADE

pictured on pages 172 and 173
The old pressure cooker is back in style, and it's easy to see why: We made this slow-cooking Belgian stew tender and delicious in one quarter of the time you'd normally expect.

Prep time: 25 minutes
Pressure-cooking time: 25 minutes

- 1 slice bacon, diced
- 1 teaspoon vegetable oil
- 2 pounds beef chuck, cubed
- 6 cups sliced onions
- 2 teaspoons minced garlic
- 3 tablespoons flour
- 1 bottle (12 oz.) dark beer
- ½ cup beef broth
- ¾ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ teaspoon thyme
- ½ bay leaf
- Fresh thyme sprigs, for garnish
- Steamed carrots, zucchini and summer squash (optional)

Cook bacon uncovered in pressure-cooker pot until crisp; drain on paper towel. Add oil to pot. Pat beef dry with paper towels. Add half the beef to pot and brown on all sides over high heat, about 4 minutes. Remove beef and set aside. Repeat with remaining beef. Add onions and cook until tender, 10 minutes. Add garlic and cook 30 seconds. Stir in flour and cook, stirring, 1 minute. Stir in beer, broth, salt, pepper, thyme and bay leaf. Bring to boil, stirring to scrape up browned bits. Return beef to pot.

Lock lid in place and bring to high pressure over high heat. Reduce heat to medium to maintain pressure; cook 20 minutes. Remove from heat and let pressure drop, about 10 minutes. Remove bay leaf and stir in bacon. Garnish with thyme sprigs. Serve with steamed vegetables. Makes 6 servings.

Per serving: 465 calories, 31 gm protein, 30 gm fat, 17 gm carbohydrates, 475 mg sodium, 104 mg cholesterol. ■

Recipes developed by Carol Prager and Lisa Brainerd.

Journal Shopping Cent

BEAUTY AND FASHION JOURNAL
Page 29 Top left: suit, Anne Klein II; tank, Nicole Farhi; Jill Stuart; earrings, necklace and bracelet, Karl Lagerfeld joux; hoisery, Hanes; pumps, Stuart Weitzman; bag, Jill St **Page 30** Bottom right: shorts, jacket and tank, Kenar; hos Calvin Klein; glasses, Alain Mikli; bag, Luc Benoit; pearl b lets and earrings, Karl Lagerfeld Bijoux; gold bracelets, Ag headband, Wendy Gell. **Page 32, by manufacturer** H jeans, Guess; sunglasses, Alain Mikli. The Gap: jeans, G belt, Jill Stuart; headband, Agatha. J. Crew: belt, Omega; rings, Agatha. Tweeds: pants, Benetton; belt, Jill Stuart; rings, Agatha. DKNY: leggings, J. Crew; earrings, Ag glasses, Alain Mikli. Fruit of the Loom: jeans, J. Crew; Omega; bag, Jill Stuart; glasses, Alain Mikli. Ann Taylor gings, J. Crew. **Page 34** From left: top and skirt, Nicole M jacket, Donna Karan; shoes, Donna Karan; earrings, G Yosca. Jacket, Adrienne Vittadini; sweater, DKNY; skirt, Taylor; hose, Hanes. Shirt, Equipment; skirt, Anne Klein; Omega; hose, L'Eggs; shoes, Ann Taylor. Jacket and shirt, na Karan; skirt, Anne Klein; hose, DKNY; shoes, Rene earrings, Donna Karan. **Page 36** From left: leggings, D Karan; jacket, Nicole Miller; shoes, Ann Taylor; earrings, G vo Roldan; leggings, Philippe Adec; jacket, Equipment; swe Emmanuelle Khahn at Jet Lag, NYC; shoes, Armando Po glasses, Alain Mikli; earrings, Agatha; bracelet, Eve Reic signs. Leggings, Zadig and Voltaire at Jet Lag, NYC; shirt jacket, Anne Klein II; shoes, Andrea Carrano; glasses, Mikli; earrings, Donna Karan.
WHAT'S HOT
Page 65 Photos, clockwise: Michael Grand, Peter Sorel, Ritts, Don Smetzer. **Page 68** Photos, across from top: McBroom, Melinda Sue Gordon, Herb Ritts, Warner Bros., Schapiro, Ben Glass, Photofest, Universal. **Page 70** P from top: left, Zade Rosenthal, Merrick Morton; right, Tim White, Warner Bros., Dean Lamanna.
HOW TO GET YOUR KIDS TO LOVE BOOKS
Page 84 Photos: left, Camille Tokerud; right, from top, Fuller/Outline, Michael Grecco/Outline, Christopher Little line, Rona Kasen, Raul Vega/Outline, Karzen/Gamma-Li D. Fineman/Sygma, D.F./Outline; all books, Michael Groer
WEEKEND UPDATE
Page 148–152 Door Store, 800-433-4071 (national), 21 9700 (in NY), One Park Ave, NYC 10016; Pier 1 imports 447-4371; window-treatment pattern, #4621, The McCall tern Co., Customer Service Dept, 11 Penn Plaza, NYC 1 Exposures, 800-222-4947; Palecek, P.O. Box 225, Richmon 94808-0225, 800-274-7730; fabrics, "Village Quilt" and "So Waverly, Customer Service, 79 Madison Ave, NYC 10016 423-5881.
WHERE DID YOU GET THOSE EYES?
Page 160 Lydia Snyder's Seminars in Beauty, 175 Fifth Suite 2234, NYC 10010.
APPETIZERS SOUTHWEST-STYLE
Page 190 Table surfaces, ABC Carpet & Home, 888 Broa NYC 10003. **Page 192** Bottom right, tin tray and napkin American Phoenix, Market at Citicorp Center, 153 E. 53 NYC 10022.

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We'd like to know how you're using our tomato products these days. So please send us an original recipe for anything you make with Hunt's Tomato Sauce, Paste, Canned Tomatoes or Hunt's Spaghetti Sauce. We'll send you some of our favorite recipes in return. With our thanks.*

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HUNT'S® GREAT AMERICAN COOKS

This is Laurie Dale.
Met husband in H.S. biology.
Has 24 pink panthers.
She uses Hunt's.

This is her Hunt's Manicotti.

How does a full-time computer programmer, 25 years old, win the first recipe contest she enters? Well for one thing, with Hunt's. Hunt's has helped great things happen in the kitchen for over 100 years. For another thing, Laurie entered the recipe her husband liked the best. She learns fast.

Laurie's Stuffed Manicotti

1 lb. mild bulk pork sausage
2 (15-oz.) cans Hunt's Tomato Sauce, Italian
1 (6-oz.) can Hunt's Tomato Paste
¼ cup water
½ Tablesp. packed light brown sugar
1 (15-oz.) carton ricotta cheese
3 cups shredded mozzarella cheese
1 egg
1 teasp. parsley flakes
12 manicotti noodles, cooked, rinsed and drained
Grated Parmesan cheese

In large saucepan, brown sausage; drain. Remove half of sausage; set aside. Stir tomato sauce, paste, water and brown sugar into sausage; simmer 15 minutes. Meanwhile, in medium bowl, combine remaining sausage, ricotta, 2 cups mozzarella, egg and parsley. In 13x9x2-inch baking dish, pour 1/3 spaghetti sauce mixture. Stuff manicotti noodles with ricotta mixture and place on top of sauce. Pour remaining sauce over filled noodles, top with remaining mozzarella and sprinkle with Parmesan. Bake, uncovered, at 350° for 20 minutes. Makes 6 to 8 servings.

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The National Research Council n Diet and Health advocates lean nd healthy meals of 15% protein, 0% fat and 55% carbohydrates. Unfortunately, that's not the way nost of us are eating. A little less at, a lot more carbohydrates in our family's diet can make a ealthy difference in your life. It's eally simple.

What you can learn from lieticians, athletes, coaches.

America's Olympic athletes ave to eat right. They know bout increasing the proportions f complex carbohydrates in their iets. That's why UNCLE BEN'S® ice is served every day at the U.S. Olympic Training Centers. UNCLE BEN'S® Rice delivers lots of energy-giving complex carbohydrates and is low in fat.

As with exercise, consistency in healthy eating helps. Make UNCLE BEN'S® Rice a more important part of your family's diet now, and you'll actually eat leaner, eat healthier —and eat smarter—without sacrificing great taste. Your body will notice the difference, too. You'll look better. Feel better.

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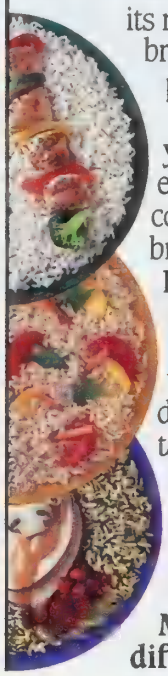

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APPETIZERS SOUTHWEST-STYLE

NEXT TIME YOU INVITE THE GANG FOR AN INFORMAL PARTY, WHY NOT MAKE THE THEME TEX-MEX? SERVE UP A SLEW OF SPICED-RIGHT BITES WE GUARANTEE THEY'LL NEVER FORGET

SOUTHWEST MICROWAVE TACO DIP

Lighten up! That's just what we did to this layered dip, replacing refried beans and ground beef with spicy black beans and ground turkey.

Prep time: 15 minutes ◯ Ⓜ
Microwave time: 10 minutes

- 2 cans (15 oz. each) black beans, drained and rinsed
- ¾ pound ground raw turkey
- ½ cup chopped onion
- 1 teaspoon chili powder
- 1 cup bottled salsa
- 1 cup shredded sharp Cheddar cheese
- 1 container (8 oz.) sour cream
- 3 tablespoons chopped fresh cilantro
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 avocado, chopped fine
- 2 plum tomatoes, chopped fine
- 2 green onions, sliced
- Tortilla chips

Combine beans, turkey, onion and chili powder in shallow 2-quart microwaveproof dish. Cover with wax paper and microwave on High 8 minutes, stirring to mash beans and break up turkey every 3 minutes, until meat is white. Stir in salsa. Sprinkle with cheese and microwave on High 1 to 2 minutes, until cheese is melted. Combine sour cream, cilantro, salt and pepper and spread on top. Sprinkle with avocado, tomatoes and green onions. Serve with tortilla chips. Makes 7 cups.

Per tablespoon: With 1 chip, 30 calories, 1 gm protein, 2 gm fat, 2 gm carbohydrates, 54 mg sodium, 4 mg cholesterol.

CRABMEAT QUESADILLAS

A party classic goes west. Cookbook author Nathalie Dupree livens up crab dip with cilantro and jalapeños as a filling for flour tortillas.

Prep time: 30 minutes ◯
Cooking time: 20 minutes *(continued)*

Spruce up a Thursday with a Sunday kind of muffin.

This jumbo muffin is one of a kind. You can only bake it from a Duncan Hines Bakery Style Muffin Mix. You get big, hot muffins. With real, juicy blueberries. And a crunchy crumb topping. Muffins so moist and delicious and special, you'll think it's Sunday.

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Duncan Hines®

Bakery Style Muffin Mix

Blueberry, Cinnamon Swirl, Pecan Crunch, Cranberry Orange Nut, Hearty Style Oatmeal

- 8 ounces crabmeat or imitation crabmeat, flaked and picked over
- ½ cup sour cream
- 3 green onions, chopped
- 3 tablespoons canned chopped green chilies
- 1 or 2 jalapeño chilies, seeded and minced
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon chili powder
- ¼ teaspoon ground red pepper
- 20 flour tortillas (7-in. size)
- ¾ cup shredded Cheddar cheese
- ¾ cup shredded Monterey jack cheese
- 1 large egg white, lightly beaten
- 10 tablespoons vegetable oil, divided

Combine crabmeat, sour cream, green onions, chilies, lemon juice, cilantro, chili powder and red pepper in medium bowl. Spread 2 tablespoons crabmeat mixture on 1 tortilla, leaving a 1-inch border. Sprinkle with 1 tablespoon *each* Cheddar and jack cheese. Brush edge of tortilla with egg white, then top with second tortilla and press to seal. Cover with damp towel to keep moist. Repeat with remaining tortillas, filling and cheese.

Heat 1 tablespoon oil in large skillet over medium-high heat. Add 1 tortilla and cook until golden, about 1 minute per side. Drain on paper towels. Repeat with remaining tortillas and oil. *(Can be made ahead. Cool completely. Wrap well and freeze up to 1 month. Unwrap, place on cookie sheets and bake in preheated 350°F. oven about 10 minutes or until heated through.)* Cut each into 8 wedges. Serve warm. Makes 80 appetizers.

Per appetizer: 45 calories, 2 gm protein, 3 gm fat, 3 gm carbohydrates, 59 mg sodium, 6 mg cholesterol.

SPICY PORK TENDERLOIN WITH LIME MAYONNAISE

A winner on two counts: It's do-ahead and simply delicious.

Prep time: 15 minutes plus chilling ○
Cooking time: 20 to 25 minutes

- 1 tablespoon minced garlic
- 2 teaspoons paprika
- 1 teaspoon salt
- 1 teaspoon oregano
- 1 teaspoon cumin
- ½ teaspoon *each* ground red and black pepper
- 2 pork tenderloins (1½ lb. total)
- 2 loaves (1 lb. each) French bread, sliced thin
- Lime wedges and fresh cilantro, for garnish

Lime Mayonnaise

- 1 cup mayonnaise
- 2 tablespoons fresh lime juice
- 1 teaspoon grated lime peel

Combine garlic, paprika, salt, oregano, cumin and peppers in small bowl. Rub over pork. Wrap and refrigerate overnight. Thirty minutes before roasting, remove pork from refrigerator. Preheat oven to 425°F. Unwrap pork, place in roasting pan and roast 20 to 25 minutes, until thermometer inserted in thickest part reaches 160°F. Cool to room temperature. *(Can be made ahead. Wrap and refrigerate up to 3 days. Remove from refrigerator 30 minutes before serving.)* Slice very thin and serve on French bread with Lime Mayonnaise. Garnish with lime wedges and cilantro. Makes about 80 appetizers.

Lime Mayonnaise: Combine all ingredients in small bowl. *(Can be made ahead. Cover and refrigerate up to 3 days.)*

Per appetizer: With ½ teaspoon mayonnaise and 1 slice bread, 65 calories, 3 gm protein, 3 gm fat, 7 gm carbohydrates, 113 mg sodium, 7 mg cholesterol.

DUET OF SALSAS

Tomatillos, the base of Mexican salsa verde, have a tart flavor similar to that of green tomatoes. For those who don't like it hot, the red salsa can be made with mild bottled salsa.

GREEN SALSA

Total prep time: 15 minutes ○

Combine 1 can (18 oz.) tomatillos, drained, 1 cup packed fresh cilantro leaves, 2 jalapeño chilies, minced, and 1 teaspoon sugar in food processor or blender. Process until chopped fine. Makes 1⅓ cups.

Per teaspoon: 2 calories, 0 gm protein, 0 gm fat, 0 gm carbohydrates, 17 mg sodium, 0 mg cholesterol.

RED SALSA

Total prep time: 12 minutes ○

Stir 1 cup bottled salsa, 2 cucumbers, peeled, seeded and chopped fine, and 1 cup finely chopped cherry tomatoes in small bowl. Makes 3 cups.

Per teaspoon: 1 calorie, 0 gm protein, 0 gm fat, 0 gm carbohydrates, 10 mg sodium, 0 mg cholesterol.

MEXICAN MEATBALLS

Zarela Martinez, chef and owner of Zarela's, a Manhattan Mexican hot spot, learned to make these memorable meatballs from her mother, Aída.

Prep time: 45 minutes plus chilling ○
Cooking time: 45 minutes

- 6 garlic cloves, divided
- Salt
- ½ cup masa harina*
- ¼ cup warm water
- 1 pound lean ground pork
- 1 pound lean ground beef

- 1 large egg
- Freshly ground pepper
- 2 cans (28 oz. each) tomatoes, drained
- 3 canned *chiles chipotle en adobo**, drained
- ¼ cup vegetable oil

(continued)

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ntry must be accompanied by either a proof of purchase, the UPC symbol from oman Meal® Bread or the words "ROMAN MEAL BREAD" hand printed on rate 3" x 5" piece of paper. **NO PURCHASE NECESSARY.**

OFFICIAL RULES

1) **NO PURCHASE NECESSARY.** To enter the sweepstakes, hand print your name and complete address on the official entry form (no P.O. Boxes) or on a 3" x 5" piece of paper. Send your entry to the ROMAN MEAL "NUTRITION CHALLENGE" SWEEPSTAKES, P.O. Box 66526, Spring Lake, MN 55470-6526. Each entry must be accompanied by either a proof of purchase, the UPC symbol from any Roman Meal Bread or the words "ROMAN MEAL BREAD" hand printed on a separate 3" x 5" piece of paper. All entries must be mailed separately and received by August 15, 1991. We are not responsible for lost, late or misdirected mail or illegible entries.

2) The sweepstakes begins February 15, 1991 and ends August 15, 1991. All entries must be received by August 15, 1991. The odds of winning depend upon the number of eligible entries received.

3) From all eligible entries received, 1,008 winners will be selected in a random drawing conducted by Lee Krost Associates, Inc., an independent judging organization, whose decisions are final. The random drawing will take place on or about September 15, 1991. Prizes are as follows: GRAND (1) A Family vacation for four for 7 days and 6 nights to Orlando, FL. Prize includes economy air fare from major commercial airport nearest winners home, a hotel room for 6 nights, a rental car for one week (driver must be at least 25 years old), admission tickets to various attractions and $1,000 for spending money. Total approximate retail value of trip, up to $10,000; FIRST (2) Panasonic 45" TV valued at approximately $2,100 each; SECOND (5) Panasonic Camcorder valued at approximately $1,000 each; THIRD (1,000) A Polaroid Spirit 600 camera valued at approximately $49.95 each. Total value of all prizes, approximately $69,150. All prizes will be awarded.

4) The prize winners will be notified by mail by November 1, 1991, and may be required to execute an Affidavit of Eligibility and Release within 14 days of notification. In the event of noncompliance during this time period, alternate winners will be chosen. In the case of minors, prizes must be accepted by parent or legal guardian. No substitution of prizes except as in the unavailability of a prize and at the sole discretion of the sponsor. All prizes must be claimed by January 31, 1992. Trip must be completed by December 31, 1992. Taxes, if any, are the sole responsibility of the winners. Sponsor not responsible for prize merchandise of independent suppliers.

5) Sweepstakes open to residents of the USA except residents of Puerto Rico, employees of Roman Meal Company, its affiliates, advertising agencies, print and production agencies, and Lee Krost Associates, Inc. and their families. Only one prize to a family or household. Sweepstakes void wherever prohibited by law. All Federal, State and local laws apply. By entry into the sweepstakes, winners consent to the full commercial use of their name, likeness, and photograph without compensation.

6) For a list of major prize winners available after January 31, 1992, send a stamped, self-addressed envelope to: ROMAN MEAL "NUTRITION CHALLENGE" SWEEPSTAKES WINNERS LIST, P.O. Box 66506, Dept. E, Spring Lake, MN 55470-6506.

7) The Sponsor of this sweepstakes is the Roman Meal Company, Tacoma, WA 98409.

#40037
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© 1990 Roman Meal Company

½ cup chopped onion
2 tablespoons instant chicken bouillon granules
1 teaspoon cumin
Fresh parsley, for garnish

Mash 4 garlic cloves to a paste with ½ teaspoon salt in small bowl. Combine masa harina with warm water in large bowl. Add pork, beef, egg, garlic paste, 1 teaspoon salt and ½ teaspoon pepper; mix well. Shape mixture into 1-inch balls.

In blender puree tomatoes with remaining garlic until smooth; force through sieve into bowl. In blender puree chilies with 1 cup water and strain into another bowl.

Heat oil in large Dutch oven over medium heat. Add onion and cook, stirring, 2 minutes. Add tomato puree; cover and cook 5 minutes. Stir in bouillon granules and cumin; cook 2 minutes. Gradually add chili puree, tasting for spiciness after each addition. Add meatballs and bring to boil. Cover and cook 3 minutes. Reduce heat and simmer 30 minutes, turning meatballs. Cool. Cover and refrigerate overnight. *(Can be made ahead. Cover and refrigerate up to 3 days or freeze up to 1 month.)* Reheat over medium heat, stirring gently, until hot, 30 minutes. Makes 7 dozen.

Per appetizer: 45 calories, 2 gm protein, 3 gm fat, 2 gm carbohydrates, 115 mg sodium, 11 mg cholesterol.

**Editor's note: Masa harina and canned chipotle chilies can be found in Latin American markets.*

NATHALIE DUPREE'S PEPPER JELLY TURNOVERS

This is the best use of pepper jelly we know—scrumptiously wrapped in Cheddar pastry. Keep an extra batch in the freezer for drop-in guests.

Prep time: 40 minutes
Cooking time: 10 to 15 minutes

1 cup shredded sharp Cheddar cheese
1 cup all-purpose flour
½ cup butter or margarine, cut up
1 tablespoon ice water
⅓ cup hot pepper jelly
⅓ cup chopped smoked ham

Preheat oven to 375°F. Pulse cheese and flour together in food processor to combine. Add butter and process until mixture resembles coarse crumbs. Add water through feed tube, processing just until mixture holds together.

Divide dough in half. Roll one dough half ⅛-inch thick between 2 sheets of wax paper. Cut into 2-inch circles with biscuit cutter. Transfer circles to ungreased cookie sheet (if dough is too sticky, refrigerate 10 minutes first). Place about ¼ teaspoon *each* jelly and ham in center of each circle; fold over and crimp edges with fork. Repeat with remaining dough, rerolling scraps. Bake 10 to 15 minutes, until golden. Transfer to wire racks. *(Can be made ahead. Cool completely. Wrap well and freeze up to 1 month. Reheat on cookie sheets in 350°F. oven 10 minutes.)* Serve warm. Makes 50.

Per appetizer: 40 calories, 1 gm protein, 3 gm fat, 3 gm carbohydrates, 47 mg sodium, 8 mg cholesterol.

SWEET AND SASSY CASHEWS

We think cashews are worth the splurge, but the spicy coating works well with peanuts, too.

Prep time: 5 minutes ○ Ⓜ
Microwave time: 4 to 6 minutes

2 cups roasted cashews
1 large egg white
½ cup sugar
1 teaspoon ginger
½ teaspoon ground red pepper

Lightly oil jelly-roll pan. Toss nuts with egg white in large microwaveproof bowl until coated. Mix remaining ingredients; stir into nuts. Microwave on High 4 to 6 minutes, stirring after 3 minutes, until caramelized. Spread in prepared pan; cool. Makes 2 cups.

Per tablespoon: 60 calories, 1 gm protein, 4 gm fat, 6 gm carbohydrates, 3 mg sodium, 0 mg cholesterol.

SNAPPER PÂTÉ

An unusual mix of spices makes simple white fish fabulous. Make this a day ahead to let the flavors mellow.

Prep time: 15 minutes plus cooling ○

1 pound red snapper or cod fillets, skinned
Salt
2 tablespoons vegetable oil
2 teaspoons minced garlic
½ cup minced green onions
1 jalapeño chile, seeded and minced
½ teaspoon cinnamon
¼ teaspoon *each* cumin and cloves
½ cup butter, softened
1 tablespoon fresh lime juice
Sliced green onions, for garnish
Water biscuits or crackers
Cherry tomatoes, for garnish

Place fish in large skillet with 1 teaspoon salt and water to cover. Bring to simmer; cook 2 minutes. Remove from heat. Let stand 10 minutes; remove fish and drain. Heat oil in same skillet. Add garlic; cook 30 seconds. Add green onions, jalapeño, cinnamon, cumin and cloves; cook, stirring, 2 minutes. Remove from heat and stir in fish. Cool. Process butter in food processor until smooth. Add fish mixture, lime juice and ½ teaspoon salt; process just until combined. *(Can be made ahead. Cover and refrigerate up to 2 days. Remove from refrigerator 30 minutes before serving.)* Garnish with green onions. Serve with crackers and cherry tomatoes. Makes 2½ cups.

Per tablespoon: With 1 biscuit, 40 calories, 2 gm protein, 3 gm fat, 0 gm carbohydrates, 31 mg sodium, 10 mg cholesterol. ■

Recipes developed by Lisa Brainerd.

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hen I saw what Royal Jelly did for me nd my son, I started my own ompany!

years, Madeline Balletta suffered from an illness subse-
y diagnosed as Epstein-Barr Virus, now known as Chronic
e Syndrome. Virtually bedridden, she was too sick to care
r family or herself when a concerned friend gave Madeline
a Royal Jelly. Within weeks, she began to experience
ed vitality. Delighted with her dramatic improvement,
ne then gave Regina Royal Jelly to her young son, Jason,
as seriously debilitated after years of suffering from
hial asthma. When he, too, experienced similar remarkable
vement, Madeline decided to start her own company so
reater numbers of people could benefit from this God-given,
ural substance. Thus, Bee-Alive was born!

live was the chance to share essings and improved

I. For everyone interested in feeling nd living a vibrant, healthy lifestyle, ing testimony that there is a way! I aving experienced the beneficial f Regina Royal Jelly and witnessing s amazing renewed strength. I so excited about Royal Jelly that I Bee-Alive, Inc. Today, five short ter, Bee-Alive is a thriving, ly known company.

follow a hectic schedule that those who knew me when I spent my days in bed. I travel constantly out the United States and Europe, the virtues of Regina Royal Jelly. such a joy to be associated with a me, natural product that enhances nd vitality, and to share my ge of this amazing food of the Bee! Bee-Alive Royal Jelly products e found in stores because I believe ized service is vital. Our toll-free connects you with your own caring, consultant who will take whatever ecessary to listen to your concerns s follow your progress. Here at e, we truly care about you!

ype of person is interested ina Royal Jelly?

We at e receive hundreds of calls each day young and elderly, male and ick and healthy. For children, e has a special Royal Jelly blended ey to help their susceptible bodies ldhood ailments. For the elderly, uently complain of insomnia, or not le to get around as they used to,

Regina Royal Jelly offers daytime vitality and nighttime tranquility. Athletes, such as runners and body builders, appreciate the effects of the many amino acids present in Royal Jelly, as do men who wish to acquire more physical and mental stamina. I believe Regina Royal Jelly is particularly beneficial for today's women who are overwhelmed with too much work, stress and responsibility, as Royal Jelly seems to improve the immune system. It is generally believed that 80% of all illness is stress-related. If you are suffering emotional highs and lows, Royal Jelly can help you cope and enable you to achieve a feeling of well-being. Beauty-conscious European women have used Regina Royal Jelly for years. They have discovered what scientists have proven—that Regina Royal Jelly is extremely rich in pantothenic acid, which is believed to slow the aging process.

What is Royal Jelly? Royal Jelly is not a honey or pollen. It is actually bee's milk, made in nature's own laboratory, so it cannot be duplicated by man. The Queen Bee's longevity can be traced to her exclusive Royal Jelly diet. She lives almost six years, while the worker bees, who subsist on merely honey and pollen, live approximately six weeks!

Why Regina Royal Jelly is unique.

To my knowledge, Bee-Alive is the only company in the United States that has pure, unprocessed Royal Jelly in encapsulated form. In the interest of purity, potency and freshness, none of our Regina Royal Jelly products are processed or freeze-dried. In addition, to assure you of the freshness of Regina Royal Jelly, a packaging and expiration date appears on all of our products.

Royal Jelly isn't just for royalty.

While members of the British Royal Family use Regina Royal Jelly, as do many celebrities, today Regina Royal Jelly is made available for everyone through Bee-Alive. As leading advocate, Pat Boone, states, "Regina Royal Jelly is for everyone who is sick and tired of being sick and tired." Remember, Regina Royal Jelly is not a cure, but it can help your body to help itself! Just as Regina Royal Jelly has influenced my life, I hope it will influence yours. Please give us a call at **1-800-543-BEES**. We're waiting to help you change your life, beginning now!

Madeline Balletta

Madeline Balletta,
Founder and President, Bee-Alive Inc.

How A Great Chef's Good Nature Is Brought Out By Butter.

When you dine at The French Laundry, located in the Napa Valley, chef Sally Schmitt wants you to feel like you're dining in her home.

She invites you to take a stroll through the restaurant's gardens between courses. And she encourages you to visit her in the kitchen while she's cooking.

But there is one thing Sally won't do for you: pass the butter.

"I grow all my own fresh herbs. I even use local vendors for my produce. So I wouldn't dare shortchange my guests by using anything but butter," says Sally.

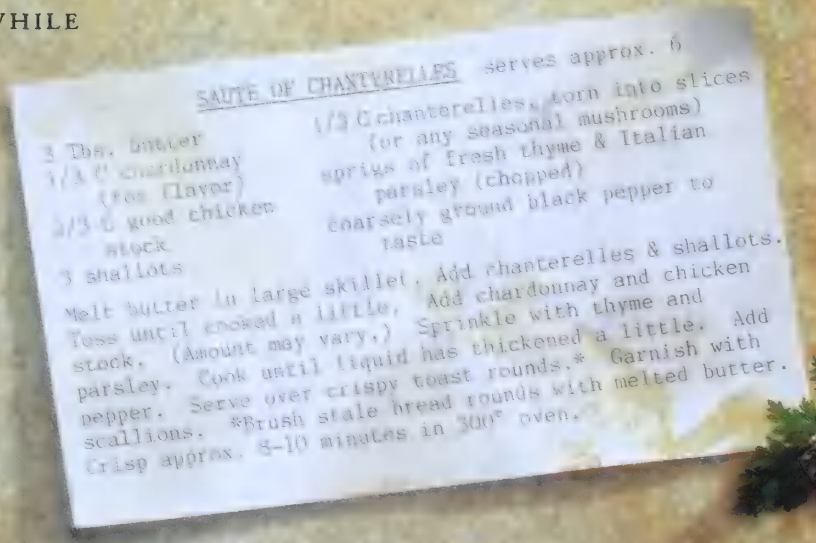
She has a point (not to mention a three month wait for reservations). After all, butter is completely natural. Borne of the earth, there is something about butter that is, quite simply, perfect for cooking. Between the flavor and texture, it cannot be duplicated.

What's more, butter has the same amount of calories as margarine.

So, what it boils down to, is taste.

"And," adds Sally, "using butter doesn't necessarily mean going away from the table stuffed. Just a small amount adds so much."

Sally's special recipe for Sauté of Chanterelles is testimony to that fact.


SAUTÉ OF CHANTERELLES serves approx. 6

3 Tbs. butter
1/3 C chardonnay (less flavor)
2/3 C good chicken stock
3 shallots
1/3 C chanterelles, torn into slices (or any seasonal mushrooms)
sprigs of fresh thyme & Italian parsley (chopped)
coarsely ground black pepper to taste

Melt butter in large skillet. Add chanterelles & shallots. Toss until cooked a little. Add chardonnay and chicken stock. (Amount may vary.) Sprinkle with thyme and parsley. Cook until liquid has thickened a little. Add pepper. Serve over crispy toast rounds.* Garnish with scallions. *Brush stale bread rounds with melted butter. Crisp approx. 8-10 minutes in 300° oven.

The simplicity of its ingredients, combined with the purity of butter, brings out a mouth-watering earthy goodness your guests will love.

Sally always gives her guests the best there is. And, as any great chef will tell you, it doesn't get much better than butter.

REAL BUTTER

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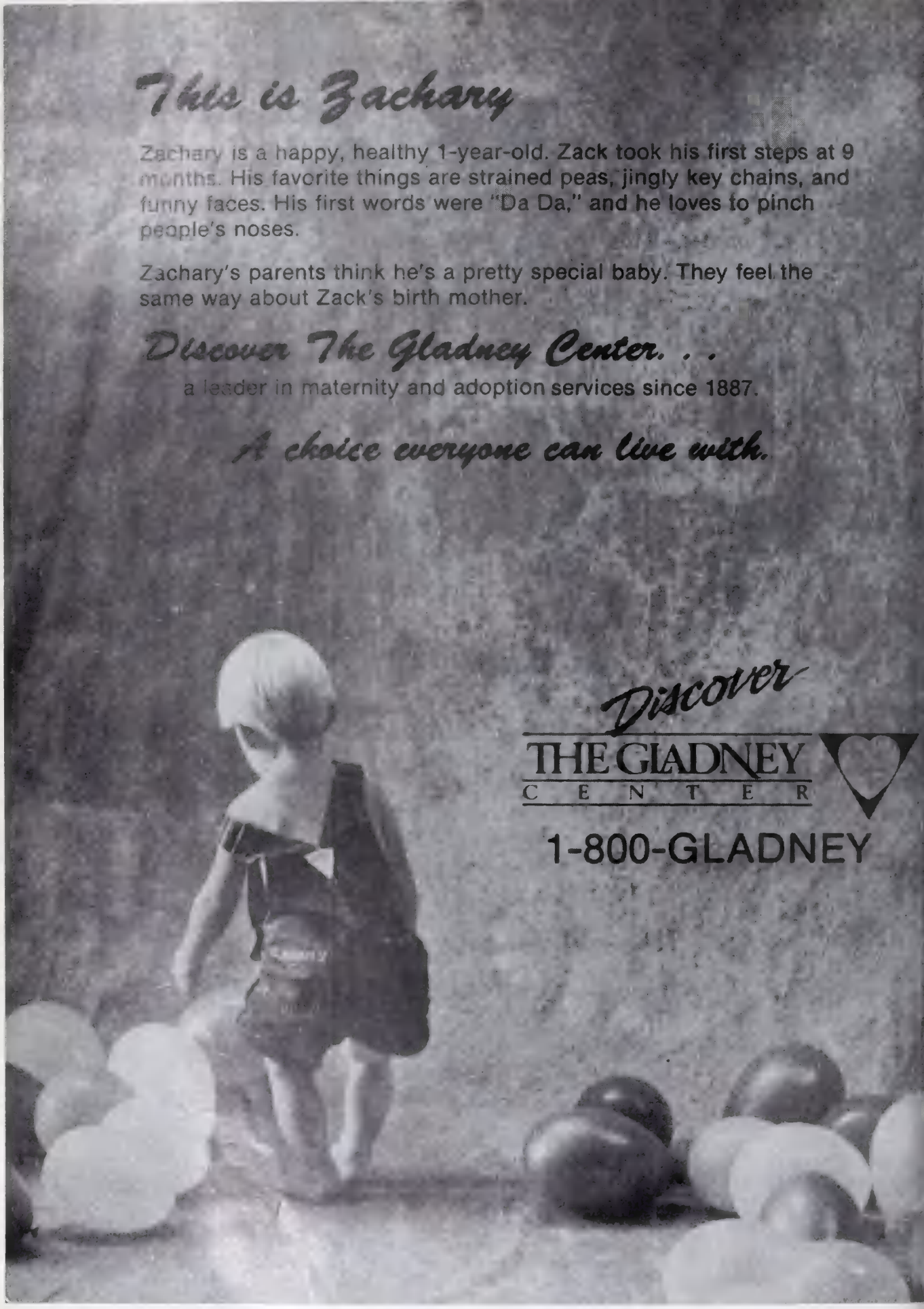
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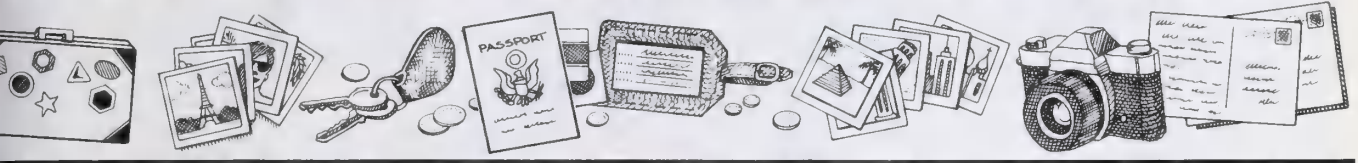

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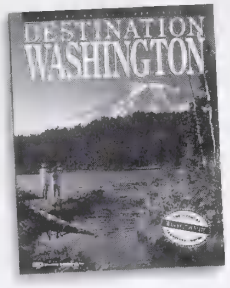

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TRAVEL JOURNAL

BEST-OF-THE-WEST DUDE RANCHES

If daily horseback riding through pine-covered western mountains and soft green valleys sounds appealing, you're ready for a dude-ranch vacation. Having a home on the range for a week or two is a surefire way to relax and have fun.

What is a dude? According to Lawrence B. Smith, author of *Dude Ranches and Ponies*, the term was applied to "an outsider, city person or tenderfoot . . . in short, a stranger as far as the West and its ways were concerned." A dude ranch, then, was for those who wanted to pay for the privilege of doing chores and helping with the herd. Today, many ranches have added swimming pools and tennis courts, and others have excellent fishing and hiking available; but the common denominator is horseback riding—and lots of it. If it's a working ranch, you can even help with livestock.

C Lazy U Ranch, Box 378K, Granby, CO 80446; 303-887-3344. Located about ninety-five miles west of Denver, this two-thousand-acre ranch can take up to one hundred twenty guests. Children's programs are extensive. The ranch has a full riding program for all levels, plus tennis courts, a swimming pool, a sauna and a racquetball court. Nearby there's skeet shooting, fishing, white-water rafting and golf. This is the place for square dancing, campfires and a Shodeo—a show and a rodeo in one.

Lost Valley Ranch, Route 2, Sedalia, CO 80135; 303-647-2311. An hour and a half from Colorado Springs, Lost Valley sits at the edge of forty thousand acres of the Pike National Forest. It offers a widely praised riding program, and guests are invited to work with the one hundred head of cattle. The ranch can take up to one hundred visitors, who stay in separate cabins or cabin suites in the pines. There's a heated outdoor pool, tennis, fishing and hiking. For children, there are extensive programs, and for everyone, square dancing and sing-alongs.

Skyline Guest Ranch, Box 67K, Telluride, CO 81435; 303-728-3757. Skyline is set in the southwest corner of the state, in a valley surrounded by the snowcapped peaks of the San Juan Mountains. Owners Dave and Sherry Farny take thirty-five guests, stay in either the main lodge or on six cabins. There's riding instruc for all levels, and children are come. There is good fishing nearby well as hiking and backpacking. F trips are available, and photo w shops are held in the fall. There's a tub and a sauna to soak away ri pains, and an acclaimed kitchen. luride, with its shops, galleries restaurants, is close by.

Lone Mountain Ranch, P.O. Box Big Sky, MT 59716; 406-995-4 Located in Gallatin Valley, not from Yellowstone National Park, I Mountain is reputed to be one of best family-run ranches in the W Daily rides are available, there's a children's program, and Lone M tain boasts a first-rate natural-his program. Other activities include cellent fly fishing, plus tennis swimming. The fifty-five guests in log cabins, and at night there's gazing, nature talks, country-wes dancing and sing-alongs.

Mountain Sky Guest Ranch, 1128, Bozeman, MT 59715; 800- 3392. Set in Paradise Valley, this true family ranch. The seventy- guests stay in cabins, both modern rustic. There's daily horseback rid a swimming pool and sauna, na hikes, and fishing on the Yellows River. Children's programs are im native, and in the evenings there sing-alongs and square dancing. lowstone National Park is nearby.

Eaton Ranch, Wolf, WY 82844; 3 655-9285. Here where the dude-ra idea originated, the third and fo generations of the Eaton family hosts guests on their spread. laid-back ranch welcomes children offers no specific programs. Inst there are daily rides for riders of e level of ability. The one hundred tw ty-five guests stay in small, rustic ins. Pack trips and folks instruc are available. In the evenings t are barbecues, country-western d ing and bingo.

Red Rock Ranch, P.O. Box 38, K WY 83011; 307-733-6288 (in win 733-2225). An old-fashioned g ranch about thirty miles from Jack this working cattle ranch hosts th guests in log cabins. Pack trips t you deep into the wilderness to moose, coyote, bald eagles and m tain sheep. There's a heated pool good fishing in nearby streams. C dren are welcome and can ride d And you're within driving distanc Grand Teton National Park.

For more information, contact Dude Ranchers' Association, P.O. 471, LaPorte, CO 80535; 303- 7623. —EVERETT PO

Don't let your dog eat this page.

yone
Terry.
ne big-
dog in the
y. Terry had
energy and an
match. He ate
that his food
eemed to disappear! Terry was
rel en without his best
Sammy.

ny was younger and
ller, and so looked up
Terry even though
mmy could bark and
owl much louder. The
o dogs were seen together
nstantly, playing in the
s, rolling down hills, and
ing into mischief.

One day Farmer Josh was load-
g pumpkins into his truck.
the food truck! Let's go for
laimed Terry. "Don't we
o watch the chickens?"
y asked. "We'll only be
a few minutes, besides,
ungry." Terry answered
g into the truck. All of
n, the truck's motor
and before Sammy
ay another word, Terry
ruck had vanished
d of dust. "Here
ner adventure!"
laimed, and
his friend

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ALL ALONE

continued from page 140

have time for women friends anymore," Fahey says with a sigh. "It's a very, very lonely feeling."

Olivia Perez thought that her loneliness would fade if she went back to school to earn her teaching certificate and actually get a job now that her three sons were eighteen, sixteen and seven. But that hasn't happened.

"My life is crazier than ever," says the forty-year-old from San Antonio, now an elementary school teacher. "I have no time for friends; I miss that desperately. But I feel funny even saying that. How can I complain about being lonely, for God's sake? After all, I have a wonderful marriage, terrific kids, a beautiful home, a job I love. I'm proud of what I've accomplished. But something's missing."

What's going on here? Single women are understandably lonely sometimes; so are divorced women and widows. But why do women like Fahey and Perez—with families and jobs they enjoy—feel lonely? What's wrong?

Plenty, the experts say. "There's a big difference between being busy and being connected," says Evelyn Moschetta, D.S.W., a New York–based psychotherapist. "Many women today are very, very busy, but they don't have enough truly genuine relationships, people with whom they can be totally open, who accept and love them for who they really are. That's the basis of real friendship. And it's missing today in a fundamental way."

How widespread is this new loneliness? That's difficult to determine, because so many of us are afraid to admit we feel isolated. "In our society, loneliness is a secret we keep—sometimes from ourselves," says Anne Peplau, Ph.D., a professor of social psychology at UCLA who has studied the subject for twenty years. "Loneliness has a stigma attached to it. There's an assumption out there that if you're lonely, it must be your own fault. Otherwise, you'd certainly have lots of friends, right?"

For women who have gone back to work, focused on their personal ambitions and finally realized them, the admission of loneliness can be particularly difficult. "Whether a woman always dreamed of having children, a career, or both, if she achieved what she set out to and still thinks something's missing, she may feel lonely," says Moschetta. "But how can she possibly admit that? That would mean that maybe all along, she was wrong."

HOW DID WE GET THIS WAY?

A sense of isolation often strikes at mid-life—part of the is-that-all-there-is blues. And now that legions of baby-boom women have reached this point in their lives, they're affecting the national consciousness—as usual. Since the recession has rendered glitz passé, advertisers are all pushing the togetherness button: In every coffee and beer commercial, people never drink alone; they're surrounded by friends who care. Our favorite TV shows burst with bonhomie: The gals on *Designing Women* and the pals on *Murphy Brown* couldn't be closer, and the folks at *Cheers* all have a place they can go where everybody knows their name.

But something more than middle-aged angst is causing so many women to feel this way. For one thing, our lives have diverged from the traditional path. "At any one time, women of the same age are at many different stages of their lives," says Pepper Schwartz, Ph.D., a professor of sociology at the University of Washington and author of the upcoming book *A More Perfect Union*. "The sense of being in the same place at the same time in our lives—of having mutual problems and mutual challenges—no longer applies."

Unfortunately, that disparity erodes the very foundation of friendship. "My best friend from college is a TV producer in New York City," says Alison Schwartz, thirty-four, a former insurance underwriter from Bloomfield, Connecticut, who now stays home full-time with her two children, six and three. "It seemed like we used to meet for lunch anytime we wanted to. But now either she has her work commitments or I have my kid commitments. We're not on the same track anymore."

Margie Wasserman, forty-two, a social worker from Minneapolis who has two boys, nine and six, also found that conflicting needs made it difficult to maintain close ties with a friend she'd met at work. "We'd been close for many years, but over time, her agenda just became so different from mine," says Wasserman. "I'd love to spend more time with her. But she's divorced and has no children. She's also a night owl, and I'm a lark. So while she's full of energy to do things in the evening, that's the time I really want to wind down and be with my family."

Another reason for our sense of isolation, says Pepper Schwartz, is that we just don't have neighborhoods anymore. "In the fifties," she sa "though women may have been lon at least they were all in the sa boat." But now that so many wor are out working, the reality for m of those who stay home is that next-door neighbor simply isn't the

"I grew up in Taos, New Mexico, my mother owned a beauty shop," calls Olivia Perez. "It was straight of *Steel Magnolias*. There were alw women around, laughing, yakk away, being together. I remembe used to run home from school just t there and soak it all up.

"But it wasn't like that for me," adds. "After a while, I was the o one home on my whole block. All women I'd met when my kids were tle had started to go back to wor felt so horribly alone."

Experts point out that the kin sisterly get-togethers that Per mother and her friends used to e provided women with a framework being intimate. "Women used to h a stronger sense that they were d the right thing," says psycholo Evelyn Moschetta. "And even if t

"In our society, loneliness is a secret we keep—sometimes even from ourselves."

THE TIME CRUNCH

These days many of us experience stead "an emptiness born of a soci that pays lip service to closeness glorifies production," says Pep Schwartz. When the pace of life spe up, when a woman has to balance f ily and work, she must determine priorities. And if cuts have to be ma inevitably, friends are the first to g

Nor are friends easy to cultivat the hustle-bustle of the modern of "Suddenly, work has become so m more efficient. Every business talk profit centers and bottom lines. those little spaces people used to for human contact during the cours the workday are rapidly disapp ing," Schwartz notes.

Moreover, in a competitive envi ment, it's not always considered sm to share the details of your pers life with colleagues. One woman, asked that her name not be used, mitted: "I don't want to sound p noid, but how can I be really intim with a colleague, tell her I'm afra might not be doing good work or t I'm furious with my husband, w she might be in line for my job?"

Sheila Fahey noticed how fri ships become strained when a close was promoted several years ago. "S denly she knew things *(contin*

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that everyone else didn't know," she says, "and some people couldn't handle that. They'd get offended."

Stripped of their emotional support, many working women of the nineties head home to another full-time job—their kids and their husbands. By the time everyone is fed and bathed, with homework done, these women, like Fahey and Perez, fall into bed themselves, too tired to even talk much to their husbands, let alone a friend.

Therapists report that some of the loneliest women they see today are married women who had always expected their husbands to be their best friends. Over the years, these women allowed their other close friendships to gradually fall by the wayside.

"Americans cherish the myth that if you truly love someone, that person will fulfill *all* your needs," says Moschetta, "and women absorb that message more than men." But the reality is that no one person can fill all our needs for companionship. If women *don't* cherish their friendships, they'll regret the loss, sooner or later.

Olivia Perez already does. "Even though my husband is my best friend, it doesn't make up for not having good women friends," she says. "Men may hear, but women listen. My husband doesn't want to know how overwhelmed I am. He wants to jump right in and solve the problem. But my women friends will let me talk about it. And sometimes I just need to talk."

PORTRAIT OF THE LONELY

Researchers know that loneliness is triggered when our need for a close, caring relationship goes unmet. "At any given time, at least ten percent of the population feels lonely," says social psychologist Anne Peplau.

According to Robert S. Weiss, Ph.D., who's a research professor at the University of Massachusetts in Boston and a pioneer in loneliness research, there are actually two types of loneliness: emotional and social. We feel emotionally lonely when we aren't sharing our life with what Weiss calls an attachment figure—a husband or lover, for instance. People who suffer this form of loneliness often display real physical symptoms—an intense restlessness that makes it difficult to concentrate, a heaviness in the chest.

But while some women—especially those who live alone—have always felt emotionally lonely, now they are increasingly susceptible to what Weiss calls social loneliness. "People who are socially lonely feel marginal," he explains. They tend to blame themselves for their isolation. "They may harbor a feeling that people don't like them—a sense that everyone was invited to the party but them."

Sometimes, when evaluating our state of alienation from others, we confuse quantity with quality. "In our studies, many women who said they were lonely thought they should have lots of friends," says Warren H. Jones, Ph.D., chairman of the psychology department at the University of Tennessee, in Knoxville. "They had a concept that one or two close friends wasn't enough."

Jones has identified a loneliness-prone personality. "These people unwittingly do things that prevent them from feeling close to others," he says. "Some don't know how to listen, and they monopolize the conversation. They tend to be more critical of others and themselves; they ask fewer questions, and often wreck a friendship by saying mean or obnoxious things."

Jones also found that loneliness is clearly related to social skills as well as lack of self-esteem. Evelyn Moschetta agrees: "Lonely people don't feel very good about themselves. Anticipating rejection, they don't bother to reach out."

Of course, what makes one person feel lonely may be a respite for another. "Women must realize the difference between being alone and being lonely," says Moschetta. "Loneliness is a feeling of lack. Aloneness is a feeling of fullness. The woman who can enjoy her solitude doesn't need anything or anyone else to feel fulfilled."

THE HEALTH CONNECTION

The Elvis song notwithstanding, while you probably won't die from loneliness, you can certainly get pretty sick. In recent years, medical studies have linked loneliness to everything from heart disease and hypertension to drug addiction and alcoholism. Chronically lonely people are also less productive at work, prone to depression and fatigue. And one provocative study last fall did indicate that for men, at least, loneliness could prove fatal; researchers at the University of California at San Francisco discovered that middle-aged men who were divorced, widowed or bachelors were twice as likely to die during a ten-year period as were men with wives. While researchers conceded that some unevaluated medical factors could account for the difference, the critical factor for the men seemed to be the loneliness they felt.

In general, however, men, n than women, are reluctant to a such emotions. "Chalk it up to e conditioning," says Anne Peplau. not a macho thing to admit you someone else's companionship."

Men and women also seem to very different expectations f friendships, says Peplau. Even ha married women place a far greate portance on having a same-sex c dante than their husbands do. "W we asked men what they like t with their best friends, they tol they like to play basketball o drinking, to *do* things. Women they liked to talk," says Peplau.

BATTLING THE LONELINESS BLUES

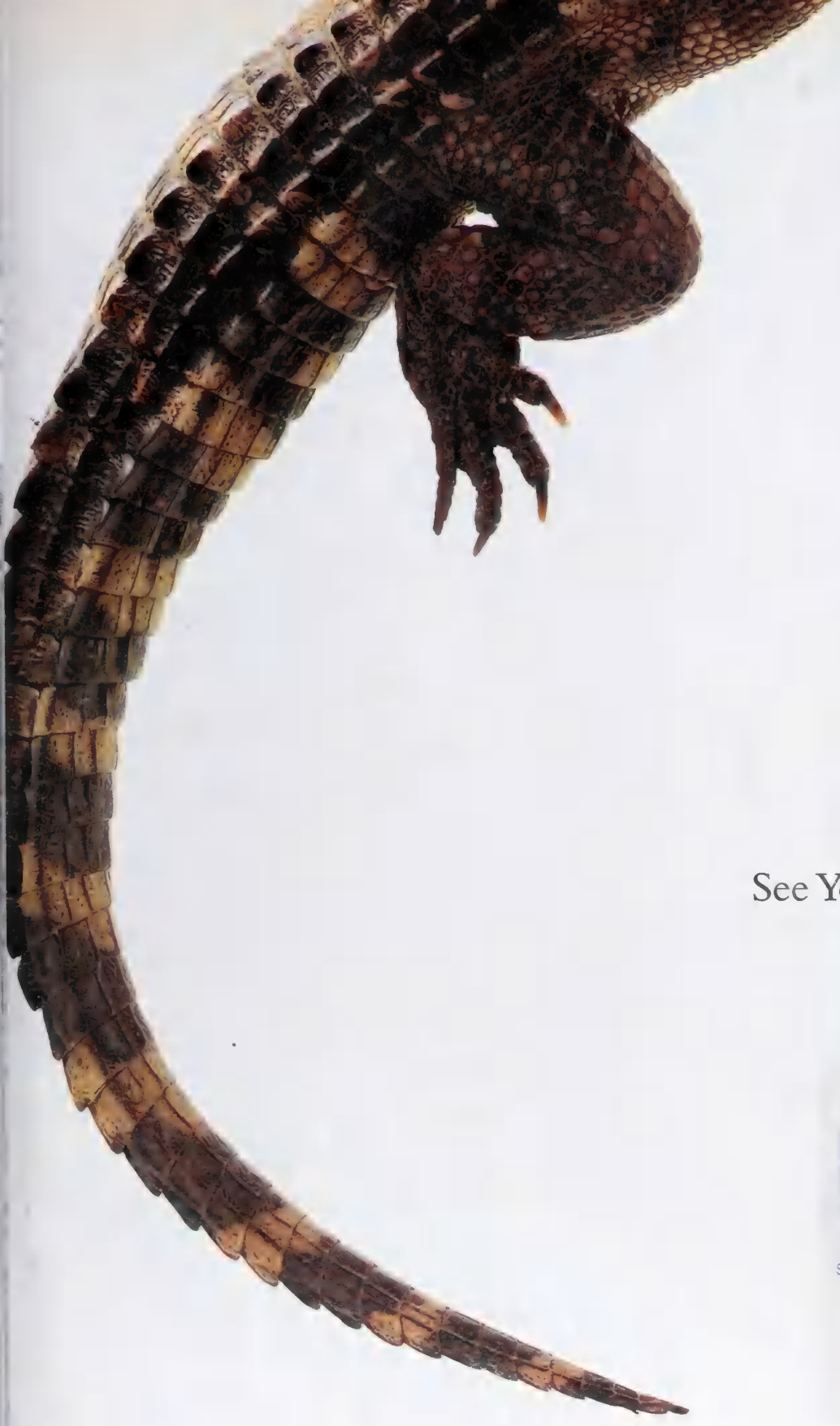
How can we combat loneliness? perts agree that acknowledging problem to yourself and others i crucial starting point. At the least, it may give you confirm that you are, indeed, liked—and the only one who feels lonely. problem is, women sometimes passively to loneliness. They t they don't deserve anything bet says Halcy Bohen, Ph.D., a psych gist in private practice in Washing D.C. Stop blaming yourself and professional counseling if you're ing deeply depressed.

Next, seek new forms of comm ty. Follow your interests, not just t of your kids or your husband; if become excited about a partic cause or activity, you're likely to people who share your enthusi Many women report that volun ing—now on the rise—gives the sense of purpose that fills the When you attend a committee me at school or in your community, race out the door the minute it's take a few moments to look ar and ask yourself, "Who here migh friends with?"

Finally, work at your friendship lot of people, if they think hon really are selfish with their t When someone says, 'Why isn't an there for me?' I have to ask, " what have you done to deser friend?' " says sociologist Pe Schwartz. Take the time to ma phone call or send a card, even you say is, "I'm too frantic to talk I'm thinking of you." (Schedule it your appointment book if you hav

Remember that you can deve circle of friends at any stage of lif the old Ma Bell ads used to exhort reach out and touch someone.

Medical studies have linked loneliness to everything from heart disease to drug addiction.



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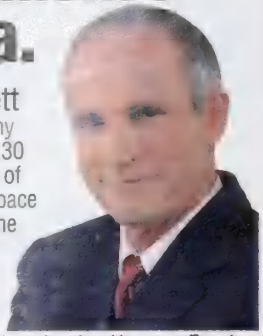

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THE LAST BATTLE

continued from page 144

there were two railings and he had to use both," Sally says. "I said to myself, 'Lee looks so tired. How is he going to look when he's sixty?' "

Atwater went to work, had a senior staff meeting and left for a hotel to deliver a speech to Republican partisans. Ten minutes into his talk, he suffered a frightening, uncontrollable seizure.

Sally was sitting at her dining-room table when she got the phone call from one of her husband's aides. "I thought it was exhaustion," she remembers, "so it didn't really even scare me."

Arriving at George Washington University Medical Center as the ambulance carrying her husband was pulling in, Sally felt immediate relief when the doors opened. "There was Lee on the stretcher with his tie loose, but he looked fine. He kind of waved."

Once in the emergency room, though, Atwater had another seizure, a painful sensation of an entire body cramp. "All of a sudden he said, 'Here it comes again!' and started screaming, 'Help me! Help me!' " His face was anguished and fearful.

Doctors quickly hustled Sally out of the emergency room, but she could still hear her husband screaming.

Shortly afterward she was taken aside by an internist and the presidential physician, Burton Lee. "I can remember them saying, 'He has a brain tumor.' " Since the doctors hadn't yet performed tests, Sally thought, How can they say that? But Lee had recognized the seizure as a symptom.

"They told me that usually in this case, they live for a year and a half," Sally says. Like most people faced with a catastrophe, she was initially too shocked to react. "It's just like you kind of tune out and keep moving."

The next day, tests confirmed the physician's diagnosis. Atwater had a kind of brain tumor known as an astrocytoma. At first, doctors believed it was a low-grade one. It took weeks before they knew for certain that the growth he had was actually far deadlier and more aggressive. No more than 10 percent of those who have this kind of tumor, called a glioblastoma, survive five years.

There was no doubt, though, about another conclusion the doctors reached: The tumor was inoperable. To remove it would risk destroying too large a portion of Atwater's brain.

Fighting the enemy

The couple's life was thrown into a tailspin. Sally, who was seven and a half months pregnant, had to cope with the private agony of her h band's suffering, the unrelenting sc tiny of reporters, who wanted to kn how sick Atwater really was, and t sudden changes in her home l caused by the arrival of Lee's pare and sister.

On March 8, Atwater left Geo Washington University Medical C ter in a wheelchair. He told report that daily outpatient radiation wo take care of the problem.

But aides and family members s that privately, Atwater wasn't conte to use what he thought of as a pass tactic to defeat so powerful an ener While he was undergoing daily rad tion treatments, he enlisted his staff a campaign to research other option

Like all of Atwater's campaigns, was tough—and comprehensive. St ers set up an office in the Atwate family room, and Lee worked from home. "Everybody had their assi ment to study this technique or t technique," says Mary Matalin, RNC's chief of staff.

Sally was amazed by her husban ability to grill his doctors about prognosis. "How could you ask ab your own mortality?" she says. think his personality saved his life it had been me, I would be dead ri now. I would have believed everythi and not asked questions. Lee would second opinions, third opinions, fou opinions."

On March 26, Atwater, Sally, mother, Toddy, and his best frie Charlie Black, flew to Montefiore M ical Center–Albert Einstein College Medicine, in New York City, to le about a procedure in which radioact implants would be inserted throu Lee's skull into the tumor to destroy

The strategy of Paul Kornblith, chairman of the institute's neuros gery department, and the surgeon w would lead the team of doctors in p forming the procedure, was to be "t ly aggressive," Sally says. She smil "That suited Lee's personality, too."

As soon as Atwater returned Washington, he gathered his fam and friends to help him make the m important decision of his life. Ordin radiation therapy would take weeks and might give the tumor m time to grow. But if Atwater und went the procedure Kornblith scribed, he would risk infection a hemorrhaging, and might have endure another operation to rem tissue that would be killed by the plants. A decision would have to made quickly; Kornblith had told I the tumor was growing too fast to lay the operation much longer.

Sally was anguished and ov whelmed as she sat with (continu

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THE LAST BATTLE
continued

Lee and his aides to make the decision. "They were talking about my *husband*," she says intently. "All of a sudden you're being pushed to not only make the greatest decision, but you've got to make it in the shortest time you can."

Despite the risks, Atwater chose to undergo the procedure. Sally, within weeks of delivering her child, went with him to New York.

On April 3, Kornblith and his team performed the four-hour operation, the same date that Atwater's first record album, *Red Hot & Blue*, was released.

The next day, Kornblith issued a statement saying that Lee's "chances of survival are good." Atwater left the hospital a week after the radioactive implants were removed.

One joyful event

On April 16, with her mother at her side, Sally experienced perhaps her first happy moment since Lee's initial seizure: She gave birth to her third daughter, Sally Theodosia. "Having a baby has been a real blessing," she says quietly. "When you look at a child, you have hope for the future."

Meanwhile, Lee—buoyed by the support of his friends, including the President, who called and visited him frequently—launched a recovery campaign whose intensity startled even his closest associates. His staff helped him develop a strategy that emphasized the benefits of positive thinking, meditation and visualization. Because of the therapeutic benefit of laughter, he started watching movies featuring the Three Stooges, Jerry Lewis and other comics.

Unlike his wife, Lee had never been particularly religious. But now he underwent a spiritual reawakening that included reading the Bible and having long religious discussions with some of the men he used to talk politics with, including Secretary of State James Baker.

He prayed daily, and he decided to seek forgiveness from the people he had hurt: On June 28, he wrote to Tom Turnipseed. "Out of everything that has happened in my career, one of the low points remains the so-called jumper-cable episode," Atwater said in the letter. "It is my hope that you will grant a sick man a favor and try to forget it . . ." He went on to say that his illness had "taught me about the nature of humanity, love, brotherhood . . ."

Atwater's friends were both surprised and heartened by the chan his personality. "No matter what pens to Lee, he is better off today when he went into the hospital," one longtime political associate. has reached out and looked for u standing and meaning in his life."

A painful setback

Atwater's ordeal was particularly cult for his mother, who'd lost her er son years earlier at the age of t in a household accident. Now the remaining men in her family wer Lee's father, Harvey, had bladder cer and found it difficult to trave Toddy shuttled between Washin and South Carolina.

Toddy also worried that she an husband had somehow passed this rible disease to their son, since was the third brain tumor in the ily. The two relatives who had ha illness had died of it. (Atwater's ill is not believed to be hereditary, b one knows just what causes it.)

And Sally was afraid of *her* fa history repeating itself: Her mot father had died when her mother six months old, and she worried Lee's children would suffer a sim fate. "If you could pick the worst from my personal standpoint, would be it," she confides. "I al

. that fear."

)espite Lee's fierce will to get well, suffered a setback last summer. The roids he had been taking to reduce swelling in his brain weakened his es, and ultimately his vertebrae apsed. In early August, he went k to George Washington University dical Center with severe pain from compressed vertebrae.

'uring this stay, a second malig- cy was discovered in his brain—a mon occurrence in cases like Lee's. the end of the month, Lee was close eath. Sally stayed with him around clock.

is family and friends visited him what they thought might be the time. Lee was on morphine for his x pain and, nearly unconscious, d barely communicate. In keeping n her insistence that her children w the truth, Sally brought her two r daughters to see their father.

They know Daddy is sick," she says. t I don't think they can truly con- ualize. I'm thankful we're not at teen level."

er friends admit that August was y's hardest time. "She's had some akdowns," one says. "When they overed the second tumor, that was worst."

ut in front of Lee and her daughters, Sally remained calm. "You just deal with everything day to day," she says. "If I looked beyond today, I probably would be so scared and overwhelmed that I could not deal with it."

On October 5, Lee left the hospital, somewhat stabilized after a course of radiation treatment. But his condition is deteriorating: As of January, despite Atwater's extensive treatment, including several courses of chemotherapy, his doctors would not say publicly what his prognosis was. "He is not in imminent danger of any catastrophic event, but I would not say he's doing well," said one of his doctors, who did not want to be identified.

Nonetheless, Lee is still fighting. "He's the most vigorous, ferocious fighter I've ever met," Kornblith says.

A sad routine

Days in the Atwater home now revolve around two things: the regularity of the children's schedule and the irregularity of Lee's. Sally looks in on her husband when she gets up to see the girls off to school. Then she spends some time with Lee before he goes to the hospital for physical therapy. In the afternoon, Lee often goes on wheelchair walks in his neighborhood with his attendants.

Friends drop by, including Baker and Vice-President Quayle. The President still telephones his former campaign manager frequently, although Atwater has been replaced as RNC chairman; he now has the title of general chairman.

Lee had always thought of his fortieth birthday, which falls on February 27, as one of the most important milestones of his life. In 1989 he told an audience at Princeton University that he had decided years ago that "I was going to spend from ages twenty to forty being educated. And if I happened to get anything else—fame, fortune or money—along the way, that would be fine. But I really wasn't going to decide what to do with my life until I was forty."

Those words have a cruel echo for Sally, who will mark her own fortieth birthday without ceremony April 29, amid a crisis that's "so scary I can't think about tomorrow. It's the worst nightmare."

But then she catches herself. "Two things I know," she says quietly. "I know Lee Atwater, and I know my belief in God. Those two things will carry us through." ■

Maureen Santini is a reporter in the Washington, D.C., bureau of the New York Daily News.

KEVIN COSTNER

continued from page 139

He's also undoubtedly among Hollywood's most highly paid: For his next movie, due out in late May, *Robin Hood: Prince of Thieves* (in which he plays the lead), Costner is reportedly taking home an outlaw's $8 million. That puts him on the trail of superheroes Bruce Willis, Sylvester Stallone and Arnold Schwarzenegger.

Why is this guy-next-door type such a star? His power lies in his very ordinariness, his regular-Joe good looks, unintimidating and accessible. Here's someone you could shoot baskets with or tell your troubles to, someone your sister might date. A star both men and women can like. Like Gary Cooper in *High Noon*, he symbolizes integrity, courage, all the old-fashioned values—a comparison he doesn't mind. "I'd have loved to do all those cowboy pictures," Costner once said. "I was born thirty years too late."

He even looks like Coop reincarnate: lanky (six feet one) and laid-back, with aw-shucks mannerisms, soft blue-gray eyes and light-brown hair.

Overall, he's almost too good to be true. Can *anybody* be that perfect? Even Kevin? *LHJ* decided to find out. We looked beyond the myths—the family man, the sex symbol, the all-American hero, the ordinary guy—to find out about the real Kevin Costner.

Myth #1: Ultimate family man? Costner's been married thirteen years—to Snow White, for gosh sakes (Cindy Costner once worked as one of Disneyland's Snow Whites)—and has three adorable kids: Annie, six; Lily, three; and Joe, two. He's been known to drive his kids to school, and over the years has done his part when it comes to changing diapers. And when the star needs to go on location, he often brings Cindy and the three little Costners along. He took his wife, kids and Danish nanny with him to Iowa to film *Field of Dreams*; when he went to Mexico to shoot *Revenge*, Cindy and Annie flew down to be with him. He took his immediate family on location in South Dakota to film *Wolves*; Cindy had the unofficial title of Wagonmaster and organized parties to entertain the troops, including a fifties prom night and a Hawaiian luau. He even brought along his brother-in-law's family, as well as Kevin's own parents.

Cindy, whose passion is architecture, now spends much of her time decorating the Costners' various houses: the main home, a pink hacienda in the hills above Pasadena; the four-bedroom condo in the High Sierras; and the beach house in Santa Barbara

But all may not be paradise o home front. "He loves the atte he's getting from everybody. He people, and it doesn't matter to h it's a man or a woman who's appr ing him," says a friend. "It's diff almost impossible, really, for C and she lets him know about it. Sl strong woman, and she's entitl her feelings. It's a bone of conte between them all the time. But love each other, the marriage is st and if it ever broke up, it's she would have to do it."

Costner's other friends also ack edge that there are stresses i marriage, but they all emphasiz effort that both Kevin and Cind into their relationship, and they' timistic about the couple's chan staying together.

"They've weathered a hell of a says pal Michael Blake, the sc writer for *Dances With Wolves* an author of the novel on which it's b "Just the fact that they're still tog says a lot about their union. Ke extremely conservative, and he d believe in breaking up, no matter w

As Costner himself once sai guess it's a certain amount of mat that tells you when things are bad, they're not going to get bett cause you make a change. That life won't transform magically. A timately, the only thing you ha your life is your family."

Myth #2: Sexy, sexier, sexiest? there was the sizzling scene i back of the limo in *No Way Out.* as Crash Davis in *Bull Durha* embodied our idea of the new m one who enjoys long kisses and rc tic baths by candlelight. Even i year's otherwise ice-cold *Reveng* scenes with Madeleine Stowe we enough to toast muffins.

Costner professes to be uneasy himself as a sex object, but it's ob he enjoys it. He grins as he says, been involved in scenes in bat and bedrooms and on kitchen t but I never even feel comfortable I have to take my shirt off. That in *Wolves* where I was naked- was in the book, to show his vul bility and how comfortable he fe ing alone. I found the biggest re could to hide behind."

What turns him on, he say not the graphic stuff but the rom the possibilities, the tension bet wanting to do something and not it—not yet, anyway. Costner a he loves to flirt, and in an infa quote that has no doubt come ba haunt him, he noted that the ant tion of romance with lovely lad "the thing that makes us *(conti*

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go, man . . . To undress somebody? It's the coolest thing. To be undressed. To be touched. To be physically, somehow just taken . . ."

That erotic tension is at the heart of his love scenes with Mary McDonnell in *Wolves*. "I wanted that kind of junior high thing," he says, "the secretive thing, where they're behind the tree, the inability to let go . . . He has to keep kissing her. She starts to go and he says, 'No, come back' . . ." Costner chuckles, a self-conscious, almost junior high giggle, and says, "Then I pulled her back and I'm kissing her again, and she's getting right into it . . . she's such a trouper." He giggles again. "So I whispered to her 'Now go, go'—you can actually hear it on the sound track if you listen—and I run after her and she says, 'Stay away from me. . .'" It was, as they say in junior high, hot.

Do the romances continue in real life, too? Well, nobody claims Costner's another Warren Beatty, but there *are* rumors that he may have joined the ranks of Hollywood's discreet lady-killers. Despite such talk, however, gossip about Costner's lifestyle rarely reaches print. As syndicated columnist Frank Swertlow observes, "Costner is one of those people who's lived a clean enough life that there's nothing out there—at least not yet."

Myth #3: All-American hero? As a child, Costner saw the movie *How The West Was Won*, and fell in love with adventure. When he was eighteen, he built a canoe, then strapped it to his car and retraced Lewis and Clark's itinerary through the rivers of the West.

These days, he still has the guts of a frontiersman. In fact, his own willingness to take physical chances on the set of his films has given his associates some nervous moments. Take the scene early in *Dances With Wolves* in which he spreads his arms out Christ-like and charges into a Confederate firing line. That not only looks dangerous, it was. "He's arching his back, his reins are gone, his arms are outstretched," recalls his co-producer and business partner, Jim Wilson, with a shudder. "If the horse moves five percent to the right, he's off, and it's just a matter of does he crack his neck or not." And the buffalo-hunt sequence where Costner rides among a herd of charging buffalo almost had disastrous consequences. "He took the worst fall I have ever seen," says Michael Blake. "We have it on tape, and it looks like he died out there."

If onscreen he's bolder than bold, off-screen he's just as tough. When studio, nervous about an escalat budget on *Wolves*, sent insura bondsmen to the set to make s Costner didn't overspend, he told th to get lost, offering to give $2.5 lion of his share of the deal to h finance the picture. "They're a gig tic pain in the a—," he explains guess they're necessary but . . . I want to take them people [when worked up, his good-old-boy mar becomes more pronounced] and them up against a wall. I told th they were cowards. I said I'd pay th whatever their profit margin wa leave, and of course, they were chicken to take it."

Myth #4: Ordinary guy? He *is* a s ple guy who likes to hang out in h feet and old jeans. And as Cost himself is always quick to point out hates Hollywood parties, pals aro with old friends, not other stars, likes to spend time fly-fishing at place in the High Sierras. He's e prone to gaining weight like the of us: One newspaper reported t Costner, who usually weighs a about 170 pounds, put on some e flab while filming *Robin Hood: Pr of Thieves* and is now dieting. I ordinary can you get?

Some of the down-home cha

ugh, is clearly practiced. "I'm not d with words," he says humbly, and n proceeds to convey just what he nts to. You can see how he handled studio moguls in preparing *Wolves*, ing them just what they wanted to r and in return managing to get ually everything he wanted.

s a politician, he's skilled enough un for office. One friend observes, always tells the truth, but he ws which truth to tell to which peo- " He knows that no one in Holly- d goes too far as an evangelist for a icular cause. So when it's suggest- o him that *Dances With Wolves* set to redress some of the wrong done Native Americans, he pulls back . "I'm not in the message business," says brusquely. "The story reflects t Michael wrote. It's not my inven- . I agreed with the sentiment of movie, not the politics."

olitics isn't necessarily good for ness, and Kevin knows it. "After *in Hood*," he insists, "I'd like to do awdy comedy or be in a movie re a lot of cars crash. I just can't a good one. I'm not a snob. I just 't do *bad* escapist movies."

ut while he may not be a snob, ner's definitely a Hollywood pow- ouse. Scripts have been piling up at offices of his company, Tig Produc- tions, almost as fast as dollars in his bank account; he has virtual carte blanche from every studio in town. Says Blake, "Make no mistake, he and Jim Wilson [co-producer of *Wolves*] are one of the top tag-team business-people in the movies today."

So does our ordinary guy exist? Ask his *Wolves* co-star. "He's a very complicated man, but in a wonderful way," says Mary McDonnell. "There's nothing laid-back about him at all. As much as there's an easygoing personality there, he's very focused, almost obsessed. Underneath all that warm personality is a driven workhorse."

The Making of a Myth. What made Kevin Costner want to be an actor? He tells a typically all-American tale: "I believe in the magic of the movies, in the opportunity that something great will happen. I remember when I was four years old, in those PJ's that have the feet in them, going with my mother to drop my brother off at the movies, and looking out the back window of the car at the big marquees with the red letters in the rain, and my mother telling me they spelled Ben Hur. And I never forgot that. But I never realistically thought I'd be in the movies. I thought those people were somehow mysteriously born on the screen."

His kind of people didn't become movie stars. Son of a working-class family—his father was a lineman for Southern California Edison—Costner spent his childhood years moving from one nondescript working-class California suburb to another as his father was moved around by the company. He went to California State University, Fullerton, as a business major, and was first bitten by the acting bug when he decided to audition for a production of Rumpelstiltskin in college.

"I don't know where his instincts come from," says Wilson. "His upbringing certainly wasn't in the field. He wasn't very well read. He didn't get good grades at school, but he has that whole streetwise thing and some life experience behind him that a lot of these kids in the business who are very pampered and went to the right academies and the prestigious colleges don't have. I don't think they have the same spine he has."

He certainly needed fortitude to survive the early years of his career before he became a household name. Along the way, there were embarrassments like *Sizzle Beach, U.S.A.*, a sexploitation picture he made in 1979 that's currently available on video—much to Costner's mortification. He doesn't apologize for it, though. "The idea of working was very *(continued)*

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KEVIN COSTNER
ontinued

rtant to me ten years ago," he simply.

can't say that I don't have a ed career. You can see I did. The that people capitalize on some- like that seems to be a function odern society. That couldn't hap- a hundred and fifty years ago. e people would have had to answer e personally in terms of real justice not something that's litigated."

sides, he says, *Sizzle* taught him he *didn't* want to do. "I didn't for six years after that, because I ed to make sure that from then on hings I did counted."

good story, but it's not completely Costner did continue to work—became known as the king of the ing-room floor. He almost ap- ed in *Frances* with Jessica Lange, *From the Heart* for Francis Ford ola, *Table for Five* with Jon ht, and most famously as a corpse *he Big Chill*—instead, his suicide m ended up excised except for his and cuff links.

also appeared in a low-budget bling picture called *Stacy's hts*, in 1983, written by *Wolves* or and screenwriter Blake. In the eighties, he made three more , *Fandango*, *American Flyers*, and *erado*. Although in *Silverado* ner starred with Kevin Kline, Jeff blum, Danny Glover and John se, most critics agreed Costner the movie and was on his way. it wasn't until he had a chance to his stuff in *No Way Out* and *Bull ıam* that his screen combustibility me impossible to ignore.

e looked like a kid who'd just fin- l basketball practice," recalls his d Blake, "but even then produc- nd casting directors saw the foot- and said, 'Hey, this guy could be a ng man.' Everybody knew. After picture he got an acting agent. re that he'd been represented by a eling agent."

w even his ex-agent has only good gs to say about him. Says J.J. Har- who handled his early career, s going to live a long life without s. I think he'll have a multidi- sional career unlike anybody s. He has such a huge appetite for He's never satiated, but always fied and happy. It's true of all great le. He cannot get enough of it."

d we can't get enough of him. ■

y Ogle Davis is a contributing edi- o Los Angeles magazine and an tainment writer for The London y Mail.

READERS' JOURNAL

A SOLDIER'S STORY

I'm an Air Force serviceman stationed in Saudi Arabia. I was looking through the October issue of your fine magazine and was bowled over by the model Gail Elliott. My crew and I agree that she is the epitome of beauty.

I have enclosed a letter to Ms. Elliott with all the crew's signatures on it. It can be hard to be away from family and friends, especially during the holiday season. Anything to build morale is welcome. Just the thought that you would pass the letter on could help sustain us through the hardships we must endure.

Thank you, and best wishes for the holiday season.

Staff Sergeant Benjamin Townsend, U.S.A.F.

We received Sergeant Townsend's letter before fighting broke out in the Gulf and sent it on to Gail Elliott. We extend to him and his crew our wishes for a safe return, as we do for all the other brave men and women now serving in the Middle East.

BUTT OUT

I hardly think the Teenage Mutant Ninja Turtle story was appropriate for the "littlest dudes"—especially words like "butt-heads." Couldn't you have cleaned it up a bit?

Tricia Piper, Raleigh, NC

I was very disappointed in your Ninja Turtle cartoon. The Christmas season is one of peace, and I certainly did not see it indicated in the story. **Diane Harder, Memphis**

BURST BALLOON?

I am writing in response to your article "Help your kids be earth angels" [November], in which you stated that balloons can kill animal life in the sea. We receive dozens of letters, articles and reports about balloons and the environment, and to date not one single piece of evidence has been submitted to show that balloons have been the primary cause of death in any form of animal life: marine, air or terrestrial.

Mark D. Brown, Jacksonville, FL
Director of Communications,
National Association of Balloon Artists

The National Association of Balloon Artists is an organization of balloon retailers, distributors and manufacturers.

EVERY WOMAN CAN

I'm a retired senior citizen, and I agree you should never underestimate the power of a woman. I had a table lamp with a troublesome switch. My husband wouldn't fix it—he said he didn't want to be bothered with "piddling" projects. Then your November issue came. I followed your instructions, which were very simple, and I now have a working lamp switch that I am very proud to say I have fixed.

If you put your mind to it, you can accomplish anything.

Mrs. Reita A. Mabe, LaFollette, TN

Margaret Hawkins

COVER GIRL REDUX

As 1990 came to an end, it brought wonderful memories of forty years ago, when one of the most exciting events of my life occurred. What an honor it was to appear on the cover of *Ladies' Home Journal*! I thought it would be fun to do a "then and now" portrait, so I had a friend take another pose. Perhaps it will interest your readers.

Patricia Leech Benton, Ponchatoula, LA

Ms. Benton was one of our series of "Undiscovered American Beauties" in 1950. Having raised five children since then, she's now living on a small farm, working for the local tourist commission and acting in community theater. We think she still looks great!

Send your letters, preferably typed, to Readers' Journal, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017

PATTERN OFFER

continued from page 152

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LITTLE BOY WITH A G

continued from page 131

In the fall of 1989, however, he rolled in a private school. He cor ued with many of his activities a the killing, including the annual ter-egg hunt at the Jerusalem Ur Church of Christ.

"But the fact remains that this hangs on all of them," says Rev. H Kissinger, the church pastor. "] have to be strong people to stand u this strain."

As strong, it would seem, as the fruit trees that Keith Kocher pla in his yard on the April day his was born. Each spring, as the slowly leaves the mountain air, family can look out the window witness the trees' growth.

Cameron's future, however, is nearly so certain. Nobody is sure Cameron will blossom. And Jes never even got the chance.

Charles Hansford, thinking of former playmates, shakes his h "Two children died on that afterno he says sadly. "Jessica Carr was to death, and another child has slowly eliminated. He's still alive, he's not a child."

Tom Lowry is a reporter for The M ing Call, in Allentown, Pennsylva

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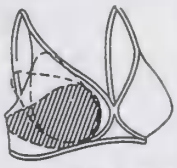

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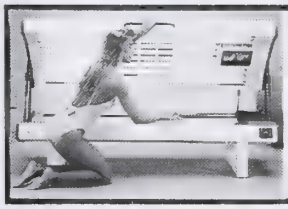

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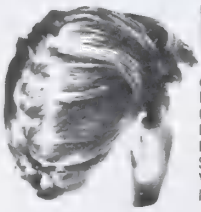

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LAST LAUGHS

ROSE IS ROSE • by Pat Brady

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THE BEST SEAT IN THE HOUSE

There's no tall man in front of me

Whose head I can't see past,

And I can spread my elbows out

On either side at last.

No chewing gum stuck on my seat,

No popcorn in the aisle;

And no parade of late arrivals

Who squeeze by, single file.

Yet it's not a weekday matinee

Or a film without a star:

It's just my private picture show—

Thanks to the VCR!

—Nancy Rose

OUT OF THE MOUTHS OF BABES

At our annual family picnic, my little nephew asked for a hot dog. "Didn't you forget to say something first?" his mother asked. "Oh, yeah," my nephew answered. "Hold the mustard."

—Elinor Filice, Niagara Falls, NY

As I was dressing my three-year-old son in shorts for the first time this spring, he squirmed and pointed at his jeans, which were hanging in the closet. "No, Mommy," he protested, "I want to wear the pants with the long sleeves!"

—Vickie D. Barker, Brookneal, VA

My four-year-old, Laurie, came into the kitchen one day with her hands covered with garden mud. As I helped her scrub them in the sink, she observed, "It's a good thing people are washable!"

—Betty Jean Mock, Redmond, OR

My friend asked my five-year-old niece what her father's name was. With barely a moment's pause, my niece replied, "Honey Bunch."

—Gail Smith, Van Nuys, CA

COMING IN May

Jerry Simpson

American pie Start with our recipe for the perfect crust and you're on your way to luscious lemon meringue, strawberry chiffon, raisin pie and other tasty treats, just like Grandma used to make.

What men say about women Do you sometimes wonder what men say when women aren't around? We went straight to the source to find out how they feel about love, sex, marriage.

Here comes the summer When nature turns up the heat, you can keep your cool and look terrific. Our beauty and fashion guide to great looks has everything you need to gear up for the good ol' summertime.

"Our house is a mess!" Has clutter taken over your home? It's time for you to take control of the clutter, and we can help. Don't miss these easy cleanup tips, storage solutions and more.

Plus interviews with your favorite celebs and lots, lots more! On sale April 16

May

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Isn't It Time You Did Something For Yourself?

Clear your calendar. Get off your feet. Now, to feel even better, consider doing something special for yourself: Curl up with a dish of deep double fudge chocolate ice cream. Paint your toes. Or better yet, color your hair. Few things can make you feel so good in so little time. And with Clairol, it's so simple. Whether you want to add a touch of blonde, cover some gray or try a whole new look, no one can help you more than Clairol. We offer the most extraordinary range of haircoloring products in the world. All designed to give your hair gorgeous color and luxurious body. Clairol. It's haircolor for the way you want to look and feel. All the time.

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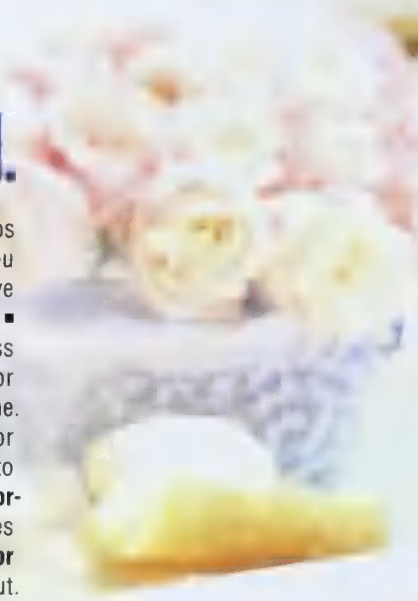

Nothing makes you feel quite as good as a delicious, hot bath. Nothing, except perhaps coloring your hair. But unlike a long, hot soak, the lift Clairol® haircolor gives you stays with you. What's more, it's never been easier. ▪ Any questions you might have can be answered instantly by our haircolor experts simply by calling **1-800-Clairol.** ▪ If you're concerned that coloring your hair will take too much time, relax. The process is so simple, you can color in as little as thirty minutes. ▪ And of course, Clairol haircolor makes it easy to get beautiful results. Here are a few hints to help you get started in no time. ▪ First, how do you want your hair to look? Do you want to enrich natural color? Go lighter or darker? Cover gray? Or add highlights? The answer will tell you which type of haircolor to use: semi-permanent, permanent or highlighting. ▪ **Semi-permanent is a no-peroxide formula that enriches your natural color or covers gray,** yet is as gentle as shampoo. It fades away gradually, after four to six shampoos. ▪ **Permanent color lets you lighten, brighten or completely change the color of your hair.** And because it's permanent, it won't wash out. ▪ **Highlighting lets you add accents to select strands;** a touch of color here, a little lightening there. And it grows out naturally. ▪ And every Clairol haircolor leaves your hair feeling silkier, softer and with more body. ▪ You'll see some of Clairol's most popular haircoloring products below with information to help you choose the one that's right for you. And of course, you can call the Clairol Consultation Center at **1-800-Clairol** with questions anytime between 8:30am and 8:30pm Monday through Friday, and 9am to 6pm EST on Saturday. We'll help you decide exactly which haircolor or shade is best for you.

Semi-permanent

Loving Care® *This no-peroxide, no-ammonia color enhances body, gives shine and natural color while covering gray.*

Permanent

Nice 'n Easy® *The world's most popular long-lasting color that lets you go lighter, darker or enrich your natural color.*

Ultress® *The ultimate rich non-drip gel colourant that provides exquisite, guess-proof results.*

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Highlighting

Clairesse® *Ammonia-free shampoo-in color that's formulated to pamper permed, body-waved and delicate hair.*

Frost & Tip® *A beautiful way to bring out bold highlights. Special conditioners leave hair shiny and healthy-looking.*

Quiet Touch® *For permed or natural hair. Brush-on highlights to individual strands to brighten the way you look.*

Clairol's "Time For You" Sweepstakes Official Rules

1. No payment, purchase or participation in a sales presentation necessary. To enter, complete the Official Sweepstakes Entry/Cash Refund Certificate or on a 3" x 5" plain piece of paper, print your name, address, city, state and zip code. Enter as often as you wish, but mail each entry separately to: Clairol's "Time For You" Sweepstakes, P.O. Box 14392, Baltimore, MD 21268. Entries must be handwritten. The Sweepstakes begins 3/1/91, and all entries must be received by 9/30/91. Not responsible for lost, late, damaged, misdirected, illegible or postage due mail. No mechanically reproduced entries will be accepted. Winners will be determined in random drawings from all completed entries received before 10/14/91, by VENTURA ASSOCIATES, INC., an independent judging organization whose decisions are final. The drawings will be conducted at the offices at 1350 Sixth Avenue, NY, NY 10019. All prizes guaranteed to be awarded. Winners will be notified by certified mail and may be required to complete an Affidavit of Eligibility and Release of Liability which must be returned within 30 days of date of notification or alternate may be selected. An unclaimed prize notification letter or any prize returned to Clairol or VENTURA ASSOCIATES, INC. as undeliverable will be awarded to an alternate winner. No duplicate major prize winners and no substitution for prizes except if necessary due to unavailability, in which case a prize of equal or greater value will be awarded. Prizes are taxable and non-refundable and will be shipped to winners within 90 days of the drawing. Prizes won by minors may be awarded in the name of parent or adult guardian. All taxes are the responsibility of the winners. Acceptance constitutes permission to use winners' names and likenesses for publicity purposes without additional compensation except where prohibited by law. Entries will not be returned. **3.** Prizes and approximate retail values are: (2) Grand Prizes: winners' choice of a one-week Personal Shopping Spree for 2 in New York City ($12,500 - $7,500 — Trip, $5,000 — Cash) *or* a one-week vacation for 2 to Sonoma Mission Inn & Spa ($12,500 - $7,500 — Trip, $5,000 — Both trips include round trip First Class airfare from winner's nearest commercial airport and luxury hotel accommodations. (4) First Prizes: winners' choice of a one-week Windjammer Cruise for 4 ($5,000), *or* a one-week vacation for 2 at Vail Ski Resort ($5,000). Trips include round trip coach airfare from winner's nearest commercial airport, accommodations (1 room double occupancy) for one week and ski lift tickets (if applicable). (20) Second Prizes: winners' choice of a Gucci Gold Link Watch with Diamond face ($900 ea.) *or* a Jean Lassale 18 karat Gold Stainless Steel Watch with lizard band ($995 ea.). (100) Third Prizes: winners' choice of one of the following videos: Romance Video — "Gone with the Wind" ($100 ea.) *or* Classic Video Collection — "Bringing Up Baby", "Morning Glory", and "Stage Door" ($100 ea.). Applicable taxes are winner's responsibility. Trips are subject to space and departure availability. Certain blackout dates may apply. Travel must be completed by September 30, 1992. If th

Isn't It Time Someone Let You Pick Your Own Prize?

Until now, most sweepstakes picked your prize for you. At Clairol,® we think it's important that you get exactly what you want. So we let you pick your prize from four categories in our "Time For You" Sweepstakes. This time, if you win, you win exactly what you want. ▪ **Two Grand Prize winners get their choice:** A one-week shopping spree for two in New York City with $5,000 in cash and a personal shopper. Or an outrageously pampered stay for two at the world-famous Sonoma Mission Inn and Spa in Sonoma, California. Each trip is valued at $12,500. ▪ **If you're one of four First Prize winners take your pick:** A week for two at the Lodge at Vail, Colorado, nestled in the timeless Rocky Mountains. Or a 6-day cruise for four on the supremely relaxing Windjammer sailing yacht. Each getaway is valued at $5,000. ▪ **Twenty Second Prize winners will mark time with either** an elegant Gucci timepiece or a sophisticated Jean Lassale watch. Each watch is valued at approximately $1,000. ▪ **100 Third Prize winners will choose between** two timeless video collections: A trio of classics including "Bringing Up Baby," "Morning Glory" and "Stage Door." Or the complete, unedited version of "Gone with the Wind." Each prize is valued at approximately $100.

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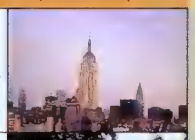
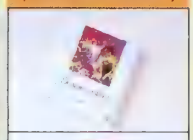
A				
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minor, she/he must be accompanied by a parent or legal guardian. Prize values are by the manufacturers' suggested retail prices or by what these items are currently known for at the time this offer was published. **4.** This sweepstakes is open to all residents of the years and older. Odds of winning are determined by the total number of entries received. this sweepstakes will not exceed 38 million. This sweepstakes is sponsored by Clairol k Ave., NY, NY 10154. **5.** Employees and their families of Clairol Inc., Bristol-Myers ubsidiaries, affiliates, distributors, retailers, advertising and production agencies, and SSOCIATES, INC., are not eligible. Void where prohibited or restricted by law. All federal, al laws and regulations apply. **6.** For names of major prize winners, send a self-tamped envelope to: Clairol "Time For You" Sweepstakes Winners, P.O. Box 869, NJ 08027 which must be received by 9/30/91. Requests will be fulfilled within 90 days of kes end date. DO NOT SEND ANY OTHER CORRESPONDENCE TO THIS P.O. BOX.
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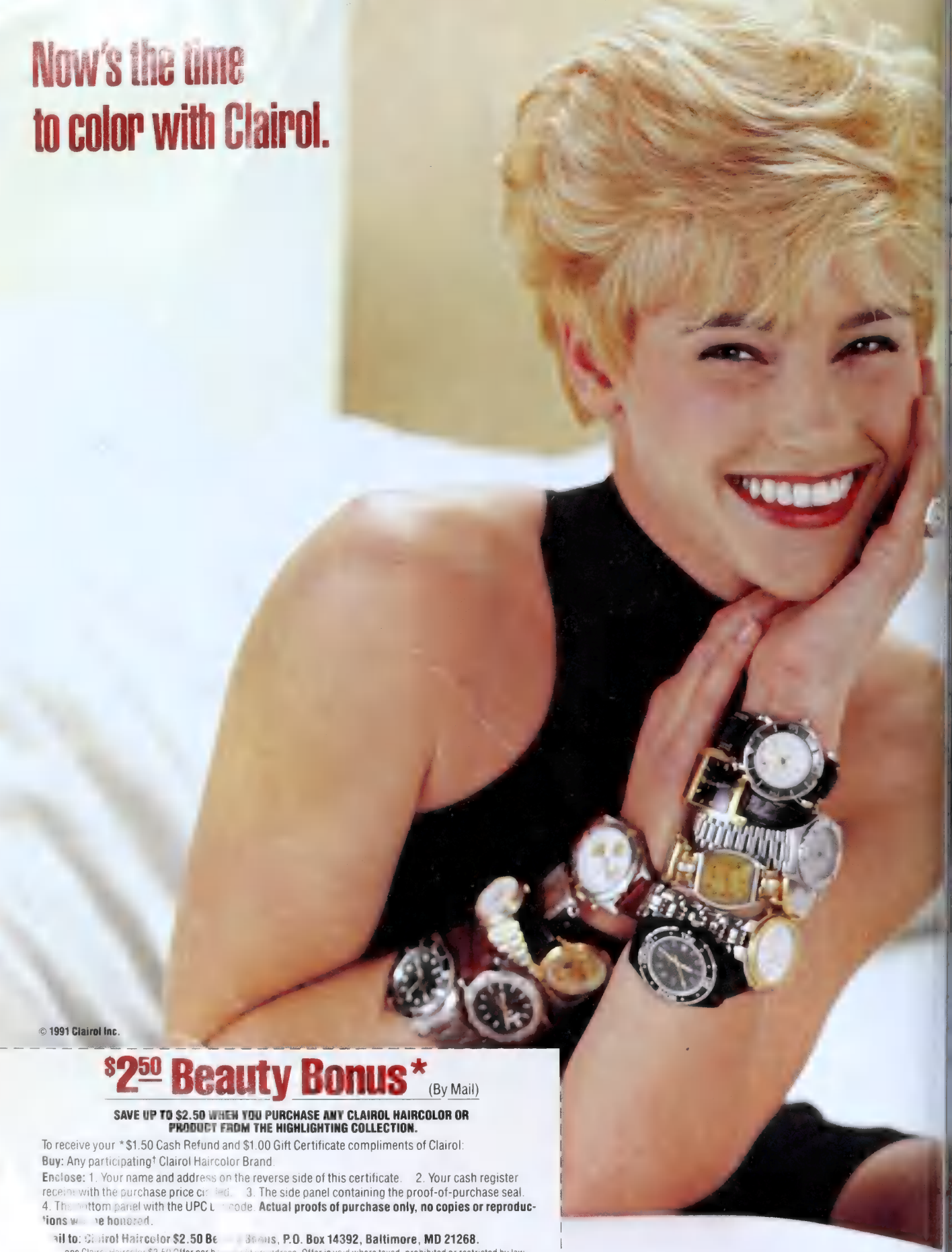

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EDITOR'S JOURNAL

IN AND OUT OF OUR PAGES

By Myrna Blyth

I'm sure you realize that *Ladies' Home Journal* goes to press several weeks before you receive it, because it takes time to print and distribute our millions of copies. For example, I'm writing my column for this issue just a few days after the successful conclusion to the war in the Gulf. I'm still filled with relief that our heroic forces sustained so few casualties. I am also as proud as I can be about the masterful and successful way President Bush, his advisers and our military leaders handled this crisis. Please read our special report in Up Front (page 94) on how some women's lives were changed by this war. But then, all our lives were touched by this conflict that both tested us and made us proud of the strength and fortitude of our great country.

Recently, *LHJ* had an interesting international visitor. Danièle Delpeuch, who has cooked for French President Mitterrand for the past three years, is an admirer of *LHJ*'s recipes. Naturally, we invited her to lunch and spent an entertaining hour hearing about the government leaders whom she has kept well fed. Her favorite guest? Mikhail Gorbachev, whom she found charming—and hungry.

An exclusive *Journal* special feature I want you to make sure you note—our unique Healthline. On the first Wednesday of every month between the hours of six P.M. and nine P.M. Eastern time, you can call the Arnold Palmer Hospital for Children and Women in Orlando, Florida (800-727-9434), and ask questions of their staff of top-ranking pediatricians and gynecologists about your kids' or your own health. The Healthline is currently being sponsored by PediaCare® Cold and Allergy Products for Children, and only *Ladies' Home Journal* offers its readers such a valuable free service.

Happy Mother's Day to my mom and to all moms. We do deserve a special day!

Danièle Delpeuch on a recent visit to *LHJ*'s test kitchens

Dr. Joseph Chiaro, director of the Pediatric Special Care Unit, Arnold Palmer Hospital, and key organizer for the Healthline

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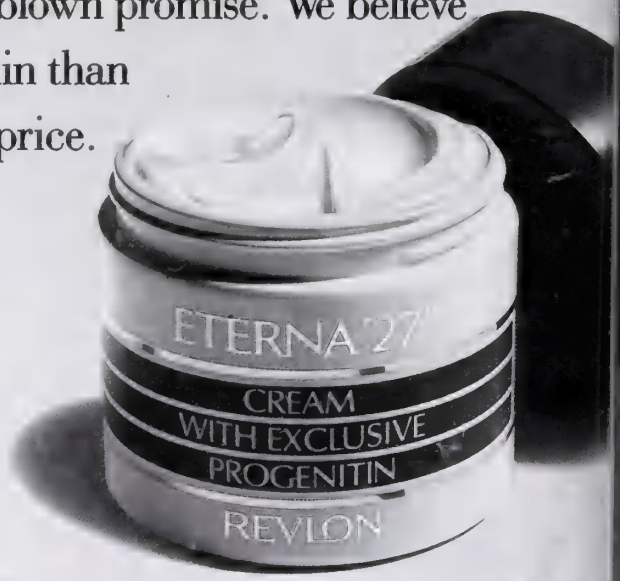

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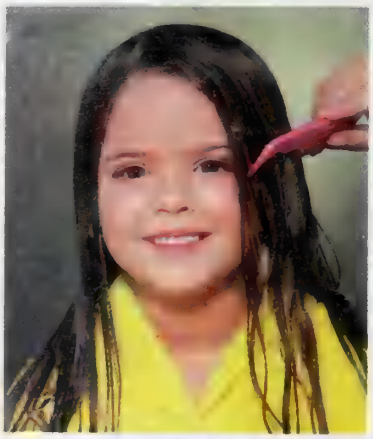

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LADIES' HOME Journal® VOL. CVIII NO. 5 MAY 19

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94 • **Up front** War and remembrance; Caroline Kennedy's write stuff; Marge Simpson gets a makeover; and more.

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Cover photo of Lynn Redgrave, Terry O'Neill/Sygma; hair, Michael Rasser; makeup, Francine Shiffer; stylist, Philippa C Jones. Insets: Macaulay Culkin, Paul Gerding; Caroline Kennedy, Arthur Cohen. This page: Mark Sennet/Onyx, Paul Gerdi

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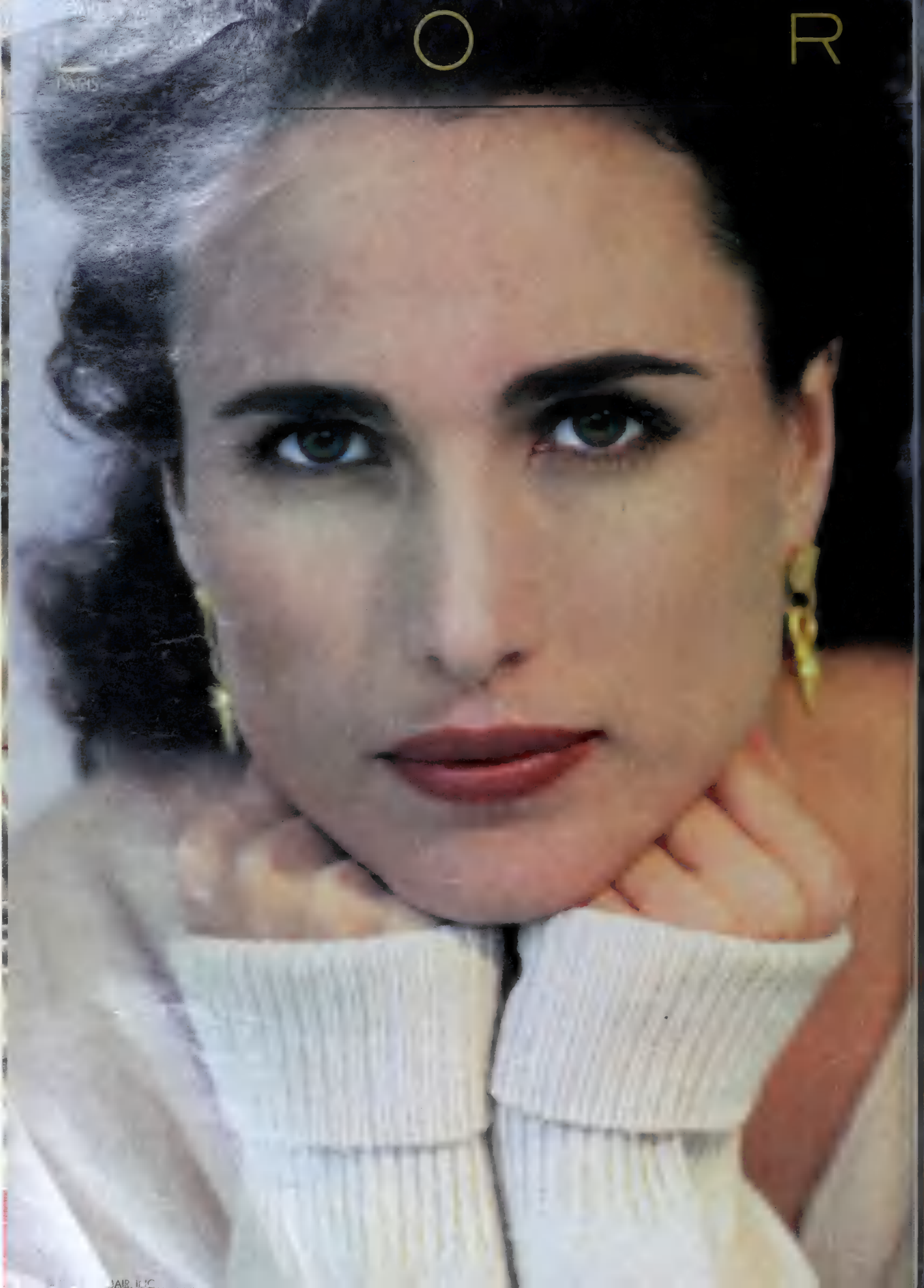
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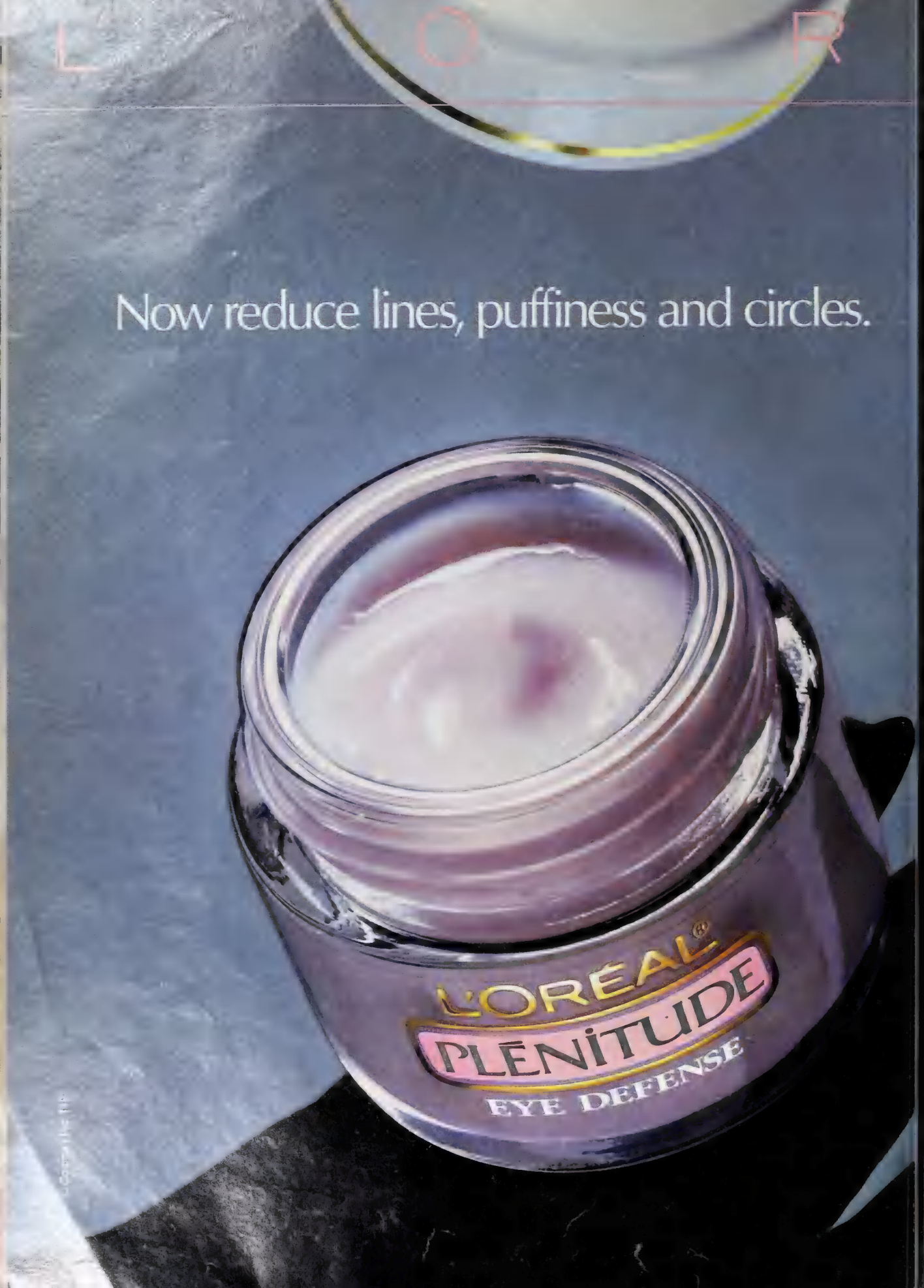

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134 • **The great fitness race** Thirty days to bathing-suit and beach season—could these two Journal readers trim down in time? Where there's a will (and a personal trainer), there's a way. Here are their secrets to practice on your own.

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168 • **100 healthy snacks** If you're trying to eat smart but are constantly battl the munchies, we've got treats you can eat that won't blow your diet. Plus, gr noshes the kids will love.

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CAN THIS MARRIAGE BE SAVED?

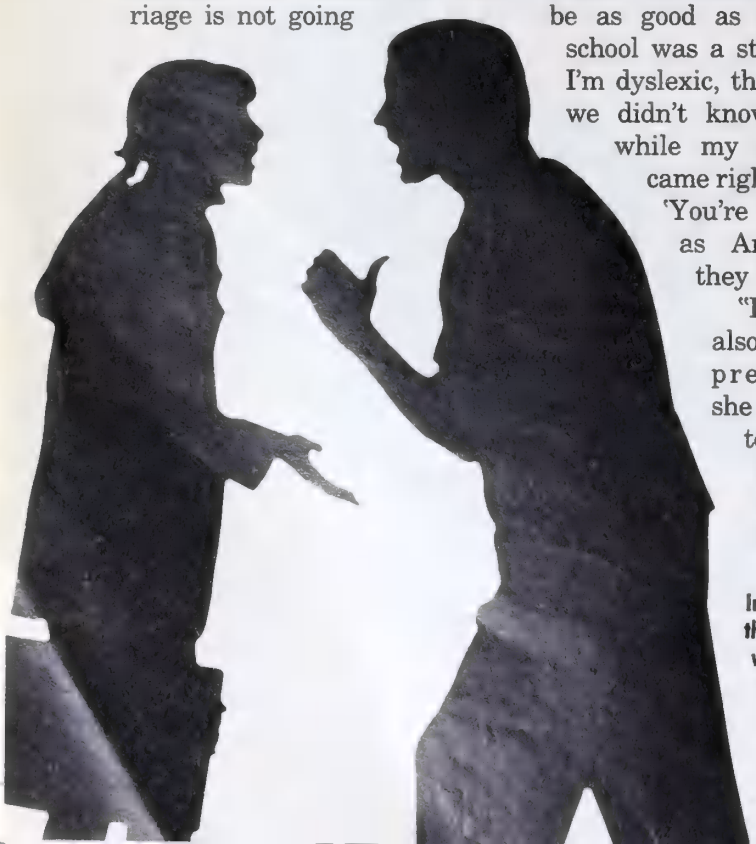
"MY HUSBAND WON'T GET A JOB"

With the recession, Jo grew increasingly worried when Mark kept postponing his job hunt. Can a marriage survive if the wife must shoulder all financial responsibility?

By Margery D. Rosen

JO'S TURN "When you hear what I have to say, you're not going to like me at all," said Jo, forty-four, a beautiful woman with an uncanny resemblance to actress Sigourney Weaver.

"I've been married for almost twenty-five years to the most wonderful man in the world. I love him very much, but three years ago, Mark's parents died, and he quit his job soon after that—now he refuses to look for another. I'm afraid our marriage is not going to survive much longer.



"I met Mark the summer after I graduated high school. I was working at the five-and-ten. My best friend was dating Mark's first cousin, so they got us together. Mark is one of the few genuinely good, kind people in this world. He makes me feel very loved, very needed; I never felt that way with my parents.

"I was the younger of two girls. My sister, Anna, was very bright, and I always felt I had to be as good as she was. But school was a struggle for me; I'm dyslexic, though of course we didn't know it then. So while my parents never came right out and said, 'You're not as smart as Anna,' I knew they felt that way.

"But Anna was also very depressed—when she was in her teens, she was diagnosed as schizophrenic. My parents were always so wrapped up in her problems that I was pretty much ignored.

"My parents were happily married until my father's hardware business went bankrupt, when I was about twelve. Then the fighting started, the harsh words, always over money.

"Anyway, back to Mark. We dated for about a year, got engaged when I was nineteen, married when I was twenty. We went to Florida for a week on our honeymoon. It was a wonderful trip, though we were both inexperienced sexually. In fact, our sex life has always been so-so. But it's not an issue for us. I think we're asexual. We make love maybe once a month.

"So anyway, we moved into a small apartment, and really, our life was perfect. We had two beautiful daughters, Susan and Tricia, three years apart. When our apartment became too small, we moved to a nice split-level on a corner lot in a new subdivision. We lived the typical suburban life. *(continued)*

Introduced thirty-eight years ago, CAN THIS MARRIAGE BE SAVED? is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Sonya Rhodes, Ph.D., a couples and family therapist in private practice in New York City. The story told here is true, though names and other details have been changed to conceal identities. CAN THIS MARRIAGE BE SAVED? is a registered trademark of Meredith Corporation.

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ctual before and after haircolor photo of Christine D. Gorham, Head of School, Gill St. Bernard's School, Gladstone N.J.

Good Housekeeping

CAN THIS MARRIAGE BE SAVED?

(continued) Then the girls grew up, went away to college, got married. They both live nearby. I was starting to get a little bored, so when my friend Judy suggested I work in her store selling tennis and exercise clothes, I said terrific. I've been there for three years now, and I love it.

"Like I said, things were fine until Mark's parents died. First his father, and then, a few months later, his mother had a stroke. She was ill for about a year before she passed away.

"Then one day, out of the blue, Mark tells me he's decided to quit his job. For years, he'd worked in the office-supply business owned by his uncle—his father's brother, for whom Mark's father had also worked. He said he was going to manage his father's so-called investments and look for something—and I quote—'that allows me to be my own man.' And he insisted we move into his parents' house, which is falling down.

"Well, it's been almost two years now, and he mostly sits around staring at the TV. He complains that I talk on the phone too much, but what does he do all day? Why, he plays the stock market! I think we should keep our money very safe. This is no time to take chances. Even though our expenses are much lower these days, my salary is not enough to live on. What about retirement? And though I'd never bring it up, I think it upsets Mark that I'm supporting us now.

"A few months ago, I told him I wanted to sell the house and move to an apartment. The repairs here are astronomical, and we really don't need all this space.

"Well, Mark refuses to sell. He won't even discuss it. It's always been hard to find out what Mark's really thinking, but now he's more distant than ever.

"What makes me nuts is that Mark acts as if we don't have a care in the world. Here I am, worried sick about money, and we'll go to dinner with friends—and he'll pick up the check! Or the rare times he manages to go grocery shopping, he buys fresh pasta that costs three times as much as the packaged kind.

"We've been fighting a lot, but mostly going round in circles. So ten days ago, I walked out. How else was I going to get through to him? I went to live with my daughter Susan.

"Mark went crazy when I did that, so I came back but insisted we get counseling. Is this what they call a mid-life crisis?"

MARK'S TURN "I just can't sell the house," said Mark, a tall, distinguished-looking man of fifty. "I don't mind doing the repairs. In this house, I feel like a king.

"Of course, that's of no importance to my wife. All she worries about is money. I know her insecurities stem from her father's losing his money and all. But look, financially speaking, this house is a good investment. Okay, so the real estate market is down now, but it's going to bounce back. You just have to hang in there.

"I can't convince Jo that there's no reason to panic. We'll never be rich, but we have enough. We can afford to buy fresh pasta. It burns me up the way she gets on me for things like that. If I go out for dinner with friends, it makes me feel good to pick up the check once in a while.

"Jo was always hyper—I fell in love with her energy—but now, all that's left is the anxiety. Some days, I can't stand to be around her.

"I just can't convince Jo that there's no reason to panic," said Mark.

"You know, these are the years we looked forward to when the girls were little. Time to enjoy being together, to travel. But Jo's a different person now.

"Look, I'm not going to lie to you. I'm not crazy about Jo's working. I was brought up to believe that the man is the provider; I'd always been the provider. So now I'm down on my luck a bit. That'll change. But she's a maniac lately, racing around, always on the phone. She doesn't even acknowledge me when I walk in.

"Jo mentioned our sex life. Well, the truth is, I'd like to have sex more often, but Jo's never in the mood. Once she gets going, I know she enjoys it, but I get tired of trying.

"We never used to fight like we do now. Oh, sure, we'd argue about the usual routine domestic things, but we never had any major problems. Over the years, we saw many of our friends get divorced, but I think we always felt like we were forever.

"Maybe it's me. I've been feeling unhappy for a while now. Things got bad when my father died, worse when Mother passed away. I was an only child, and I was close to both my parents. When Dad died, I could barely drag myself out of bed in the morning to get to the office. My father had taken a lot of, pardon expression, crap from my uncle, w he worked for, and I hated th hated the man, hated the wa patronized my father all those y And he continued to treat me dirt. But what was I supposed t Quit? With a wife and two kids

Still, I inherited a bit of m from my folks, plus this hous wasn't a fortune, but it was en that I could stop working, tak months and figure out what I wa to do. What's so bad about tha then the girls were done with s and were working on their own

"Okay, so it's been longer tha months. A lot longer. I've been ing around a little with the market. No big deal—I've alway joyed it, and I'm damn good The way Jo talks, of course, think I was into some heavy insider trading.

"Look, I'm not thrilled wit life, but I don't know what to do myself. I can't stand the thoug going back to that office grind always wanted to be more of m man, but . . . I don't know.

"Anyway, I don't need Jo harpi me every second. 'You're lazy . . . not motivated.' 'Did you call abou job? Did you look in the paper?

"Then, last week, Jo walke and went to stay with Susan. hurt. I love my daughters, an one thing I can be truly proud the relationship I have with Now Jo goes there, talking abou tarnishing it all.

"Maybe we got married too y People change, grow apart, Maybe that's what's happened

THE COUNSELOR'S TURN Mark is having what has come known as a mid-life crisis," sa counselor. "But though Jo and feared their marriage was end felt strongly that this was n case. When I looked at this co saw a long-term, caring relatio and a tremendous amount of lo hind the anger.

"I also told them I did not they would need to be in coun for a long time. With many c who have an acute problem when a husband loses his j when a new baby arrives—I form of counseling called crisis vention. Couples come for a br riod of time—perhaps *(cont*

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CAN THIS MARRIAGE
continued

eight to ten sessions. We shorten the time spent exploring their backgrounds and focus attention on the immediate problem. With this form of short-term therapy, I first draw a time line—an actual chart that indicates changes that have taken place over the years. This enabled Jo and Mark to understand more clearly how events in their lives—and the way they reacted to those events—had slowly brought them to a crisis point.

"As far as they were concerned, the immediate problem was whether to sell their house. While Jo had no emotional connection to it, for Mark, the house represented not only ties to his parents, but success and achievement, a sense of himself as a man.

"When I first met him, Mark was clearly depressed and phobic about going back to work. An only child, Mark had been a mama's boy, though he also identified with his father, a kind but passive man who had always been beholden to his brother. While Mark had bristled at his uncle's treatment of his father, he nevertheless did what he thought was expected of him and took a job when it was offered.

"Things went on this way for years. Then, within a short period of time, there were many changes in Mark's life: His parents died . . . he quit his job . . . the children moved out. And finally, his wife, who had always been content to lead the traditional life of the suburban mom, was suddenly working. He felt paralyzed.

"On the other hand, Jo was filled with nervous energy. Her anxiety about money probably started when her father lost his business, but fueling that insecurity was a deep-seated lack of self-confidence. As a child, Jo was constantly forced to put her own needs aside; when a person does that, those needs accumulate, often resulting in tension and agitation. Then, too, since she was dyslexic, school was a struggle for her. Though she worked hard, she never felt truly capable.

"Like most women of her generation, Jo looked forward to getting married and having children, and until the girls left home, all this was enough. But for every couple, such a change creates a huge hole in the family, as well as an imbalance in the relationship. Jo and Mark were now forced to relate to each other as individuals. Problems that in the past may have been overlooked rose to the surface.

"What's more, with her daughters on their own, Jo had fewer channels for her energy. Her concern about money grew as day after day she watched her husband whiling a his time in front of the TV.

"It was to Jo's credit that she, sense, instigated the couple's cur crisis. She was in effect saying, " isn't good enough. We must m some changes.' First, I asked J promise not to involve her daugh in her marital problems. That was fair to them as well as to Mark. Th told her that she had to be more se tive to small things, such as the with which she spoke to her husba

"My next goal was to help Mark the confidence to embark on a hunt. (Jo had agreed to postpone decision about selling the hous Mark would promise to look for a Like many men today who either early retirement or were forced o a job due to industry cutbacks, M was too young and energetic to around doing nothing.

"The fact that I was there to liste Mark and not judge him helped s up his confidence and refocus his g With Jo's help, he drafted his resu set about calling former colleag and employment agencies and che the ads in the newspaper. To his light, he received several positive sponses, and within one week he scheduled three interviews.

"Mark's self-confidence carried into his relationship with Jo. Soft ken by nature, he rarely told her w something bothered him. Now, i flew off the handle because he bo an expensive brand of pasta, he p ed out that they could afford it, besides, it gave him pleasure.

"Jo was thrilled that her husb was finally doing something. But had a long way to go in learning to relax. I suggested she buy a s notebook and, throughout the day down all the things she could be h about—something funny that pened at work, a beautiful garden saw, anything that gave her pleas Though it may sound simple, this e cise helped Jo track the positive th in her life and stop projecting disa

"Jo was also suffering from wha refer to as inhibition of sexual de She was so tense that she could desire sex. However, once her anx lessened, she was more open to idea of sex and much more respons

"Jo and Mark ended joint counse after three months, though Mark tinued to visit for more career cou ing. At his last session, he told m had been offered a position as a st broker trainee at a small, well-reg ed firm; he was planning to take licensing test soon. 'It's a beginn spot,' he said, 'but I'm my own n And people trust me. I'll do fine.' I no doubt that he would."

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"THEY'RE SINGING MY SONG"

I always hoped I'd have a hit record someday, even when I held odd jobs. Now my song "From a Distance" has become an anthem of hope.

By Julie Gold, as told to Shana Aborn

Julie Gold can finally relax; after eighteen years of hard work, she has a Grammy and her career is taking off.

Lots of people left messages on my answering machine last January 10, but one I'll never forget came from Bette Midler. Her passionate rendition of my song "From a Distance" had been a huge hit—and had just received three Grammy Award nominations. (It later won as Song of the Year.) Her message that day was: "Congratulations. Life is good!"

She was so right. Writing an award-winning song that has sold millions of copies is everything I'd ever dreamed of. But my success wasn't exactly the overnight kind; it took years of hard work and frequent disappointment to get this far.

I've always known I was a musician, and my family has been very supportive of my calling. I was making up songs when I was four, started writing them down at thirteen, and began performing my work in local clubs while I was in college.

Right after I graduated from Temple University, in 1978, I moved to New York to be closer to the music industry. I got a job playing piano in a bar my first year there, but that ended when the management stopped hiring musicians. So for the next few years I went from job to job—at one point, I demonstrated vacuums and toaster ovens in department stores—doing anything that would pay the bills and still allow me to perform at night.

But I was barely making ends meet, so when I was twenty-eight I became a receptionist at HBO's studio facility. On the job, I learned clerical skills and was soon promoted to secretary.

Still, I never stopped writing and trying to break into the business. I'd send tapes of my songs to record companies and publishers—including Bette Midler's—and keep track of the responses. It was rejection city. Eighty percent of the time, no one ever bothered to answer.

The turning point in my career was my thirtieth birthday, in February *(continued on page 24)*

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A WOMAN TODAY

continued from page 20

1986. Until then, I had been v
on a junky electric keyboard. I
birthday, my parents shipped
upright piano I had grown up w

The very next day, I wrote "F
Distance" on it. It took me an h
write the music and lyrics. (Wh
inspired, I work very fast.)

People ask me where I got the
ration for that song. In a wa
been writing it my whole life.
child of the sixties, so I had
been deeply affected by the ima
Vietnam, the political assassin
and the peace marches. I've nev
derstood why people fight each
nobody wants to be at war.

In fact, one of the greatest re
"From a Distance" has brought
what the song's hope for a pe
world came to mean to a nation
Of course, when I wrote it, I h
idea that the U.S. would be enga
Operation Desert Storm five ye
ter. But as timing would have i
invaded Kuwait not long before
Midler's rendition came out.

Since then, "From a Distanc
become one of the most popular
on Armed Forces Radio as well
many American radio stations.
overwhelming honor to have wr
song that has affected so many
lieve it makes people think abo
way the world could—and shoul

Five years ago, though, I had t
getting record companies and pu
ers to listen. In the end, it was
friend, folk singer Christine
who helped me break through.
played my tape for her, she said
is a great song. Give me ten co
I'm going to see what I can do w

Not long after that, I got a ca
folk singer Nanci Griffith. Ch
had played my tape for her, and
wanted to sing it on her new

Nanci is very popular in Europ
"From a Distance" quickly bec
hit there after the album's rele
1987. Several Irish and Britis
ists—including a nun!—recorde
sions of the song on their own a
But because of the paperwork in
in getting the foreign royal
wasn't making much money, and
to keep my day job.

In 1988, Nanci invited me to
with her during part of her na
tour and play piano accompanim
"From a Distance." The highli
the tour was a concert at Ca
Hall. That was thrilling, but
also the most nerve-racking thi
ever had to do!

Yet even with that experience
credit, I felt down; I was *(cont*

Don't sweat the sun.
New Sweatproof
Coppertone Sport.
NEW! Sport
Coppertone
SPF 15
DRY LOTION
Introducing a true breakthrough in protection. This revolutionary sun-een won't run in your eyes to sting when you sweat or work out. It s dry going on and it's waterproof. Coppertone Sport.™ Because for e, life's not a beach.
Dry, Sweatproof
Coppertone®
Sport

"I'd have to get a natural-looking tan, but without the sun. Is that possible?"

Absolutely. With Coppertone Sunless Tanning Lotion. No bronzers, no dyes. What you do get is a healthy and natural-looking tan in a few sunless hours.

And your skin is all the better for it. Because Coppertone Sunless is drenched with moisturizers like aloe and vitamin E.

For a great tan under the sun without the sun, Coppertone Sunless Tanning Lotion.

Coppertone® Sunless Tanning Lotion.

Coppertone

"I have extremely fair skin. Are all the beaches closed to me?"

The beaches open wide when you use Coppertone SPF 45.

It's our highest degree of protection in the sun, our ultimate block of harmful UVA and UVB rays.

There's also SPF 15, 25 and 30.

Every one of them moisturizes summer skin with things like aloe and vitamin E. And regular use helps prevent premature aging and wrinkling due to overexposure to the sun.

If you're fair and want to be out there, enjoying the sun, you should be using Coppertone SPF 45.

Coppertone® SPF 45.

Coppertone

THE ANSWER TO BEAUTIFUL SKIN IN THE SUN.

Read and follow label directions. ©1991 C
Coppertone is a registered tradem

"I want a great tan.
I also want to
spend less time
in the sun. How can
I have the best
of both worlds?"

It's a breeze. With new Coppertone SPF 4 Tan Magnifier Gel.

Combined with a dark, rich and non-greasy gel is Coppertone's unique tan accelerator complex to speed up your natural tanning process.

In short, it's a fast way to a beautiful tan.

Coppertone Tan Magnifier Gel. Also available in an SPF 4 lotion and SPF 2 oil.

Coppertone
Tan Magnifier Gel.

Copperton

THE ANSWER TO BEAUTIFUL SKIN IN THE S

0 COTY NY. AVAILABLE IN CANADA.

MADE IN THE SHADE

MADE TO MATCH.

MADE IN 14 SHADES, LOOSE;
7 SHADES, PRESSED.

MADE FOR YOU.

COTY

AIRSPUN
FACE POWDER

THE PERFECT FINISH.

(continued) thirty-two and nowhere near my goal of earning a living with my music. So in July of 1989, I took the biggest risk of all—I quit my job and asked my parents to pay my rent for six months so that I could concentrate on writing.

The gamble paid off. By the time my folks stopped sending money in January 1990, I'd finally started getting the foreign royalty checks. That same month, my life completely turned around.

Stephen Holden, a music critic at *The New York Times*, had heard Nanci's rendition of the song and recommended it to Marc Shaiman, Bette Midler's musical director, who then contacted me. When he told me who he was, I thought it was one of my friends playing a joke on me. We had to go back and forth a couple of times before I was convinced that this was for real—that she wanted to record *my* song. I've loved Bette from her first record to her current movies—everything she's ever done—so this was a special honor for me.

In April, I was in Los Angeles on business, and I actually got to meet her. I was awed; she was gracious, low-key and very unpretentious.

"From a Distance" was released as a single in September 1990. When it began getting airplay, I listened to the radio every chance I got, but I never got to hear it all the way through because my friends would always call me at the same time to tell me it was on! When I finally heard it uninterrupted, it was very, very satisfying.

However, it took a little longer for me to get recognition as the writer. The one time I heard my song in public—in a drugstore—I ran to the counter and said excitedly, "You hear that song? I wrote it!" The people just looked at me as though I had said I'd just seen Elvis.

"From a Distance" hit the pop-music charts at number seventy-five on October 6, and climbed to number two by December 15. The single went platinum (it sold one million copies) on January 2.

I never believe anything's going to happen until it does, so when people told me I had a very good chance of being nominated for a Grammy, I tried not to get my hopes too high. Still, I couldn't sleep much, and I walked around in a daze for weeks after I finally heard the news.

I didn't rehearse an acceptance speech for the February 20 ceremony; all I knew for sure was that I'd be weeping if I won *or* lost. And I'd get over it either way.

The Song of the Year nominees were announced earlier than I had expected, and I was glad I hadn't picked that time to go to the ladies' room. My heart was pounding as James Ingram and Natalie Cole opened the envelope—then I heard my name being read aloud. I had crossed the threshold between my lifelong dream and reality.

Although there are no guarantees in this business, the success of "From a Distance" should help my professional career. For instance, last November, HBO asked me to write a song for a holiday video. I wrote "Try Love," and the company liked my rendition enough to ask me to sing the song on the video.

Other artists have expressed interest in songs I've already written. Nanci Griffith will sing one called "Heaven" on her upcoming album, and country star Kathy Mattea is singing "From a Distance" on hers.

"I tell people to stick to their dreams, even if it means taking another job to get there."

I'm having the time of my life, but there's a lot of upkeep involved with a dream come true, trust me. I'm compulsive about having everything in my life under control, so it's frustrating that I can't answer letters and phone calls the minute they come in. I get a lot of weird requests now; people assume Bette Midler and I are close friends—which we're not—and ask me to send her their tapes and photos.

I won't be getting any royalties from Bette Midler's rendition of the song until August. I actually haven't a clue about what I'll be earning; nobody's given me a definite figure yet. But I'm not really thinking about money. I'm more interested in remaining a musician.

The money isn't going to change my lifestyle drastically. I'm happiest when I'm at home writing music or snuggling with my two wonderful cats, Chops and Pippin, and my tortoise, Mr. Tortoise. I go to the movies, I hang out with friends. Success won't affect that. The one thing I *would* like to do, though, is move to a larger apartment.

I don't feel I've sacrificed anything by working so hard on my music career. I don't have a husband or children, but that hasn't left a void in my life. It's just not a goal of mine at the moment. I have plenty of good friends—if anything, my work has improved my social life—and I'm very happy with it all.

Right now, I'm keeping things in perspective. My future is as precarious as anyone else's; for all I know, I could be back at HBO in two years. But I wouldn't trade lives with anybody. And I have no regrets about my past. The only personal goals I've ever had were to be able to pay for a roof over my head and to be embraced as an equal by the music industry. Now I'm doing both.

I tell everyone to stick to their dreams, whatever they are—even if it means taking another job en route to getting there. It must be a very, very hollow life when you compromise a wish and then wonder later on if you could have made it come true. The courage to hold onto a dream is what it's all about. ■

The song that moved the world

From a distance
The world looks blue and green
And the snow-capped mountains, white.
From a distance
The ocean meets the stream
And the eagle takes to flight . . .
From a distance
We all have enough
And no one is in need.
There are no guns. No bombs. No diseases.
No hungry mouths to feed . . .
God is watching us.
God is watching us.
God is watching us
From a distance.
From a distance
You look like my friend
Even though we are at war.
From a distance I can't comprehend
What all this war is for.
From a distance
There is harmony
And it echoes throughout the land.
It's the hope of hopes
It's the love of loves
It's the song of every man.

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ARMSTRONG PUTS THE HEIGHT OF FASHION RIGHT AT YOUR FEET.

Today, the idea of melding traditional elegance with put-your-feet-up comfort has come into its own.

It's a trend Armstrong's versatile new custom installed Components™ tile was made for.

Our three designs and many colors let you create unique patterns for a feel of casual elegance that builds from the floor up.

Armstrong

as nice to come home to™

mart
SM
Shower Mom with flowers from Jaclyn Smith.
"A colorful floral print is the perfect thing to wear any day you want to feel a little special."
"That's what my new sportswear collection is all about – feeling special."
"I've taken great care in choosing colorful fabrics and fashioning them into comfortable, attractive outfits."
"And Kmart makes it even easier by making my sportswear affordable." Jaclyn Smith
The Jaclyn Smith summer collection. From $10.99 to $19.99.
Collection varies by store.
GIFT CERTIFICATES
Mom can choose her favorite Jaclyn Smith outfit with a gift certificate from Kmart. ($5, $10, $25 and $50 denominations)
The quality you need, the price you want.
Jaclyn Smith pictured with daughter Spencer Margaret Richmond

This month, we'll help you look your best with a fresh new style—lighter hair to brighten your spirit. Plus, your chance to be a model

BEAUTY & FASHION JOURNAL

LIGHTEN UP!

LOOK ON THE SUNNY SIDE THIS SEASON—A NEW HAIRSTYLE THAT'S SHADES LIGHTER, NOTICEABLY RICHER OR BOLDLY STREAKED WITH BLOND CAN BOOST YOUR MOOD INSTANTLY. TO PROVE IT, WE MADE OVER SIX LHJ READERS WITH THE HELP OF STAR HAIRCOLORIST LELAND HIRSCH AND PRO HAIRSTYLIST MICHAEL MAZZEI, BOTH OF THE NUBEST & CO. SALON IN MANHASSET, NEW YORK. THE RESULTS ARE INSPIRING!

BLOND AMBITION

Tammy Georgallides, twenty-six, a free-lance production director, wanted a haircut and standout color to match her fashionable style. Her knockout new look is ultrabold blond (you can get it, too, with Born Blonde Lightener and Born Blonde Toner in Blissfully Blonde, both by Clairol). A sleek cut doubles the impact of the color (Clairol Condition Spray Gel builds body and helps smooth shape), while smoky eyes focus attention on top. Jacket, Guess; tee, J. Crew; earrings, Roxanne Assoulin.

WARMING TREND

Summer's the time for more polished style, and that's just what Domenica Pugliese, a thirty-year-old vineyard director, wanted. So we gave her a sophisticated look with a shoulder-length bob (and sexy, swingy side part), and added russety warmth and shine. (Try Clairol Nice 'n Easy in Light Golden Brown for pretty red highlights. A spritz of Clairol Condition Finishing Shine adds luxurious luster.) Neutral makeup highlighted by shimmery mocha lips flatters Domenica's terrific skin. Jacket, Evan Picone; top, Gucci.

"What do you mean you want to return it?"

It's happened to all of us.

You walked in to buy a pstick, and you walked out ith the works.

The night cream she mbarrassed you into buying r 39 bucks.

The lipstick that was too ark. The lipstick that was o light.

And return it? Hah!

So call 1-800-858-8000 or our Avon Representative.

She's a nice person a lot like you. Who'll never, ever talk you into buying anything.

That's not our style.

But taking returns is.

Because everything you buy from Avon is unconditionally guaranteed.

Lipsticks, eyeshadow, fragrances, gifts. Everything.

If you've made a mistake, return it. Even if you've used it. We'll give you an exchange or a refund.

How can we do it?

We've got unbeatable products. Like our Color Release Long-Wearing Lipstick. It's the first lipstick that renews itself. So it lasts and lasts and lasts.

You see, with Avon, you really can't go wrong.

Even if, once in a while, you do.

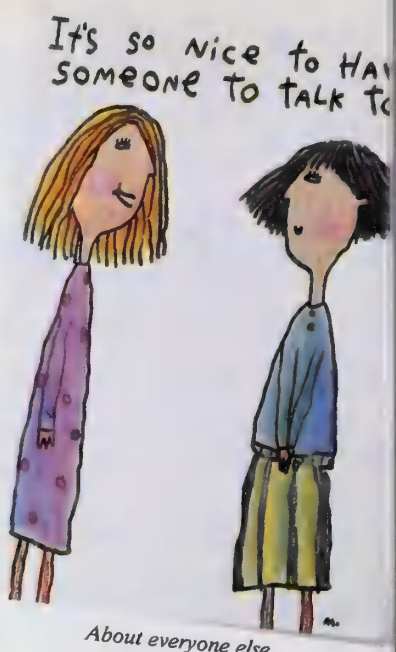
Avon

THE SMARTEST SHOP IN TOWN

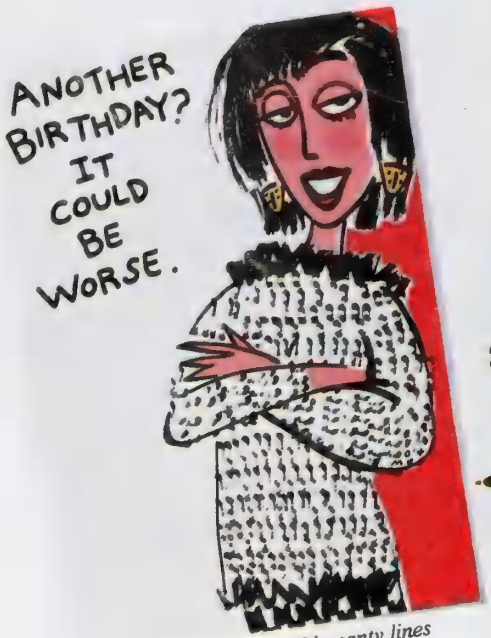
OK...
so you're not
some
nationally-known
comedian
who gets a
gazillion dollars
for cracking jokes
on late-nite TV.
You can still
make a friend
laugh at the
drop of a card.
(True, you gotta go
to Hallmark first.)

SHOEBOX GREETINGS
(A tiny little division of Hallmark)

It went on and on and made no sense.



About everyone else.



You could have visible panty lines and not be wearing any.

But we couldn't find any "From the Jungle Stud and his Amazon Temptress." Happy Birthday.

Hallmark

When you care enough to send the very best

BEAUTY & FASHION JOURNAL

TIME TO SHINE

A schoolgirl hairstyle and ho-hum color were dragging Joanne Urban's looks down. Joanne, a thirty-two-year-old registered nurse, wanted a look that projected cool elegance—dramatic blond highlights do the trick (try Clairol's Frost & Tip Permed Hair Formula). Peachy makeup enhances her new glow. Jacket, Evan Picone; tank, Emanuelle Khahn; earrings, Gerard Yosca.

GOLDEN GIRL

Thirty-six-year-old Charly Notarro, a mother of two, wanted to spice up her hair color and give style to her growing-out perm. We suggested a one-length look with side-swept bangs and highlights (we recommend L'Oréal Frost and Design). Soft taupe shadow and rosy lips complete her transformation. Jacket, Carmelo Pomodoro; shirt, Equipment; earrings, Agatha.

SEEING THE LIGHT

Wispy hair, growing-out layers and sallow skin made thirty-one-year-old Jane Butera, an executive sales rep, look tired all the time. We livened up her look with a layered twenties-style bob and added highlights for drama (look for L'Oréal's Brush-On Highlights). Jane's long face looks wider, and red lipstick puts the spotlight on her blue eyes. Shirt, Gucci; earrings, Lisa Jenks.

BETTER OFF RED

What enhances ivory skin and green eyes most? Rich red haircolor—just the lift Lori Hughes, a twenty-five-year-old grad student, needed. We gave her hair more movement with tapered layers, and enriched the color with red (L'Oréal Performing Preference in Light Auburn is ideal). Earthy makeup completes the switch to chic. Jacket and top, Carmelo Pomodoro; earrings, Agatha.

OVER 30? BE A MODEL

Two not-to-be-missed opportunities! Our annual **Dove/LHJ Classic Model Discovery Contest** and the **Dove/LHJ Model-Beautiful Skin Contest** are open to anyone who will be thirty or over by July 31, 1991 (you can enter both contests but win only one). The 1991 Classic Model winner will receive **$25,000**, a one-year contract with the Wilhelmina modeling agency and a $5,000 **Anne Klein wardrobe**. The Beautiful Skin winners will be awarded $500 cash toward a day of beauty in their hometowns. Enter today! Rules are on page 181.

MODEL OF THE YEAR, 1990

Juanita Howard Wyndham, thirty-six, won top honors last year—and what a year it was. Being in LHJ was "a blessing and a dream come true," says Juanita, who was also featured in a national beauty brochure. The $25,000 prize gave Juanita and her husband a head start on college funds for their sons.

DOVE CLASSIC MODEL DISCOVERY ENTRY FORM

Explain, in fifty words or less on a separate sheet of paper, "I have camera potential because . . ."

Name (please print clearly) _____

Address _____

City _____

State & Zip code _____

Contest region _____ Phone _____

Date of birth/Present age _____

Height _____ Weight _____ Eyes _____ Hair _____

ENTRIES MUST BE RECEIVED BY JULY 31, 1991

SEND ENTRY TO: Dove Classic Model Discovery
PMSI Station
P.O. Box 13398
Bridgeport, CT 06673-3398

ENCLOSED ARE: two Dove wrappers and two color photographs (full-length and head shot) LHJ

DOVE MODEL-BEAUTIFUL SKIN ENTRY FORM

Tell us in fifty words or less on a separate sheet of paper, "Why my skin is model-beautiful at age 30+."

Name (please print clearly) _____

Address _____

City _____

State & Zip code _____

Contest region _____

Phone _____

Date of birth/Present age _____

ENTRIES MUST BE RECEIVED BY JULY 31, 1991

SEND ENTRY TO: Dove Model-Beautiful Skin Contest
PMSI Station
P.O. Box 13398
Bridgeport, CT 06673-3398

ENCLOSED ARE: two Dove wrappers and one color photograph (head shot) LHJ

Believe it or not,
you've just struck oil.

Soft and silky, never greasy.
Introducing Johnson's Creamy Baby Oil.

A new moisturizer made from pure Johnson's Baby Oil, swirled light and creamy. Try it. And strike it rich.

© J&J CPI 1991.

Isn't it clear which solid you should use

Only Arrid® Solid has this exclusive non-whitening cleaner formula.

Your anti-perspirant probably looks like the one on the upper left. It leaves an embarrassing white residue, then turns into a flaky mess.

Arrid is the only leading solid with an exclusive cleaner formula that will not whiten and leave a flaky mess after application. And its non-whitening cleaner formula gives you effective Arrid protection against wetness and embarrassing odor.

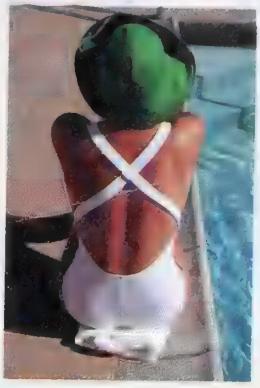
So switch to cleaner anti-perspirant protection and get non-whitening Arrid Solid.

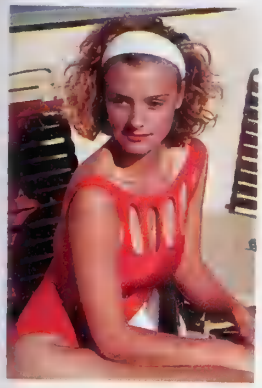
Solid protection without the white mess.

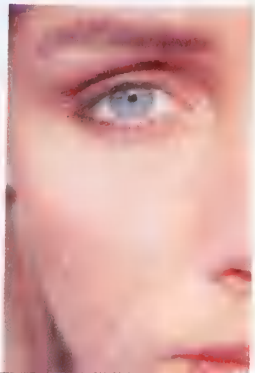
© 1991 Carter

HERE COMES SUMMER

Fun and **SUN** *in the great outdoors . . . the best season of the year is just around the corner! How to make it your happiest, healthiest,* **PRETTIEST** *season yet? Just follow our pro tips and tricks for safe sunning,* **SEXY** *show-off feet,* **SILKY**, **SMOOTH** *skin, fresh, glowing, stay-put makeup, frizz-proof* **ULTRA-SHINY HAIR**, *keeping your* **COOL** *when the heat is on, and lots, lots, more*







SUN SENSE

YOU CAN ENJOY SUMMERTIME SUN WITHOUT GETTING BURNED. WE ASKED JOSEPH P. BARK, M.D., CHIEF OF DERMATOLOGY AT ST. JOSEPH'S HOSPITAL, IN LEXINGTON, KENTUCKY, FOR HIS EXPERT ADVICE

DON'T GET BURNED

Doctors encourage people to use SPFs of 25 to 50. Why isn't SPF 15 enough? According to Bark, people don't put enough on, and they don't reapply it after swimming or perspiring.

If you're highly sun-sensitive, don't go out without a broad-brimmed hat, sunglasses, long pants and long sleeves. It's best to avoid the sun between ten AM and three PM (when the UVB rays are strongest), but you can get a sunburn anytime of day from UVA rays, which penetrate deeper into the skin. "There's no such thing as a safe tan," says Bark. "If you're tan, your skin is damaged."

RISKY BUSINESS

Anyone with light skin, blue eyes and blond or red hair as well as Retin-A users should be extremely cautious when outdoors. "You don't have to stop using Retin-A in the summer, but you should be highly protected when out in the sun," says Bark. Who shouldn't go in the sun at all? People with melasma (brown spots on the face, especially the upper lip or forehead—usually the result of pregnancy or the Pill). Anyone on medication should consult her doctor before going out in the sun.

TREATING A BURN

If you notice you're getting red, you're already seriously burned—get out of the sun immediately, and take an aspirin to reduce inflammation. Apply a topical hydrocortisone cream, and alternate with a heavy moisturizer. Avoid benzocaine-base sun-relief products—many people are allergic to them, and the more often you use them, the more likely you are to develop an allergy. If you have a second-degree sunburn—blisters in addition to redness—see a doctor immediately to avoid risk of infection.

THE SUN-LESS TAN

If you want to look bronze fast, try a self-tanner. Although some of the newest products contain sunscreens and can be used to accelerate a tan outdoors, don't use them in place of a protective sunscreen, since the SPFs aren't maximum strength. Look for: Clinique Self-Tanning Formula, Biotherm Hâle Sans Soleil Self-Tanning Lotion, Bain de Soleil Sunless Tanning Crème or Clarins Self-Tanning Milk SPF 6.

Dress, Donna Karan; hat, Patricia Underwood; jewelry, M & J Savitt; model, Alison Houtte of Name.

Turn Intense Sun Into Shade.

Peak sun. All day sun. Reflected sun. That's sun at its most intense. That's when you want intense protection. That's when you want Shade.

Shade is a complete line of high SPF sunblocks. In fact, Shade SPF 45 actually blocks out 97% of the sun's burning UVB rays and deeper-penetrating UVA rays. That's like turning even intense sun into shade.

No wonder Shade is recommended by dermatologists.

All Shade products are also PABA-free, hypoallergenic and non-comedogenic.

Shade® Sunblocks.
Intense protection from intense sun.

Schering-Plough HealthCare Products, Inc., Memphis, TN

SHADES MUST BE MORE THAN CHIC

The right sunglasses are essential for protecting yourself against skin cancer, corneal burns and cataracts. You need lenses that block both UVA and UVB rays, and the darkness of the lens has nothing to do with its screening potential. To help you shop wisely, the Sunglass Association of America has adopted a new FDA-approved rating system for nonprescription lenses: Lenses labeled **COSMETIC** absorb 70 percent of UVB rays and 20 percent of UVA rays—probably not enough for day-long exposure; **GENERAL PURPOSE** lenses block at least 95 percent of UVB rays and 60 percent of UVA rays—suitable for most conditions; lenses marked **SPECIAL PURPOSE** block at least 99 percent of UVB rays and 60 percent of UVA rays and are recommended for bright sun, especially when reflected against sand and water.

SAFE FUN IN THE SUN

	DRY	OILY	NORMAL	SENSITIVE
AT THE BEACH	SHADE UVA/UVB Sunblock Lotion SPF 45; Vaseline Intensive Care Moisturizing Sunblock Lotion SPF 25+; Presun 46 Creamy Sunscreen	SHADE UVA/UVB Sunblock Oil-free Gel SPF 25; Avon Sun Seekers Ultra Sunsafe Super-Blocking Lotion SPF 23	Sundown Sunblock SPF 25; Bain de Soleil Waterproof Sunblock Créme 30; Solbar PF Ultra Cream SPF 50	Estée Lauder Sun-Out for Sensitive Skin SPF 30+; Presun 29 Sensitive Skin Sunscreen
ABOUT TOWN	Nivea Sun SPF 15 Moisturizing Sun Block; Neutrogena Moisture SPF 15 Formula; Elizabeth Arden Immunage UV Defense Cream SPF 15; Revlon's Eterna 27 Hydra Color Moisturizer SPF 15	Lancôme Conquête du Soleil Matte Sun Shield for the Face SPF 18; Alexandra Markoff Countess Isserlyn Premier Protection Makeup SPF 15	Biotherm Écran Total SPF 18 Triple Protection Sunblock; Intelligent Skincare Continuous Action Protector SPF 15	SHADE UVA/UVB Sunblock Stick SPF 30; Georgette Klinger Sunblock for Sensitive Skin SPF 18
GOOD SPORTS	Neutrogena Sunblock SPF 15 Rubproof	Clinique Oil-Free Sun Block SPF 15 (waterproof)	Coppertone Waterproof Sunblock Lotion SPF 45; Bain de Soleil All Day Protection Sport Lotion SPF 15	Coppertone Sport SPF 15
RETIN-A USERS	Estée Lauder Total Face Block SPF 25; Almay SPF 25 Moisturizing Lotion for Face	Clinique Total Cover Sun Block SPF 30; Erno Lazlo Oil-Free Sun Block SPF 25	Sundown Sunblock SPF 30+ Lotion; Banana Boat Sunblock Lotion SPF 34	Lancôme Conquête du Soleil Ultra Protection Creme SPF 25; Chanel Protection Intense Spot Protector SPF 30; Clarins Sun Block SPF 25 Total Protection
KIDS' STUFF	Water Babies Sunblock Creme SPF 25; Vaseline Intensive Care Baby Moisturizing Sunblock Lotion SPF 25+	Banana Boat Baby Sunblock Lotion SPF 29	Presun For Kids SPF 29	Estée Lauder Baby Block SPF 30+; Almay SPF 20 Waterproof Sunblock for Kids

'I LOST 25 POUNDS OVER A YEAR AGO AND I HAVEN'T GAINED ANY OF IT BACK."

Cristina Ferrare

I gained a lot of weight
ith my last baby and
king it off was a real
ruggle. But then I tried
e Ultra Slim·Fast® plan.
ot only did I lose the
eight–I've kept it off for
er a year–and I've never
lt better."

**When you mix a
oop of Ultra Slim·Fast
ith 8 ounces of
ealthy skim milk,
ou get an incredibly
elicious, nutritious
ake. Just read the
bel to see how
ealthy Ultra Slim·Fast
akes really are.
ach shake has more
tamins, minerals,
d fiber than most leading cereals and more protein
an 2 eggs.* Yet it's only 200 calories, low in fat, low in
olesterol. And best of all, it tastes terrific.**

"This past year, my baby Arianna has gotten a lot bigger.
But thanks to Ultra Slim·Fast, I got slimmer...and
stayed that way!"

ULTRA
Slim·Fast®

GIVE US A WEEK, WE'LL TAKE OFF THE WEIGHT.

Weight loss varies with the individual depending upon a variety of factors. Average weight loss is 3-4 pounds the first week and 1-2 pounds each week thereafter on the Ultra Slim·Fast plan. © 1991 Slim·Fast Foods Company.
*SKIM MILK PROVIDES A SUBSTANTIAL PART OF ULTRA SLIM·FAST'S NUTRITIONAL VALUE.

FANCY FOOTWORK

YOUR FEET ARE IN CONSTANT VIEW THIS TIME OF YEAR, SO TREAT THEM WITH TLC. BEFORE YOU SLIP ON YOUR FAVORITE STRAPPY SANDALS, CHECK OUT OUR PERFECT AT-HOME PEDICURE, THE BEST NEW POLISHES AND A PRO'S GUIDE TO PROPER FOOT CARE

FIVE-STEP PEDICURE

GET FEET SHIPSHAPE FAST WITH THIS SALON-STYLE PEDICURE, THEN FOLLOW WITH ONE OF THE POLISH FROM OUR CHART ON THE NEXT PAGE.

1 Remove any polish from toenails, and soak feet in warm, sudsy water for five to ten minutes to soften (try Avon's Fancy Feet Double-Action Foot Soak). Scrub gently around nails, heels and soles with a foot brush.

2 Towel-dry feet. Apply a moisturizer like Nivea or Revlon Pedi-Care Foot Lotion and smooth rough spots with a pumice or Revlon's Pedi-Care Foot Smoother.

3 Trim nails straight across, then buff with an emery board. Don't file sides or round out nail corners.

4 Massage on a cuticle cream. We like Cover Girl Salon Solutions and Revlon's Cuticle Check. Gently push cuticles back with a cotton-wrapped orange stick, then use the wrapped orange stick to clean under each nail.

5 Twist a tissue and weave it between toes to separate. Stroke on a base coat. Let dry and apply two coats of polish—allow drying time between each coat. Protect nails and add shine with a clear top coat.

Rx FOR PRETTY FEET

Here, tips to take care of common foot problems from NYC podiatrist Murray Weisenfeld.

CORNS AND CALLUSES Both are hardenings of the skin. Corns develop in a very concentrated area. They're cone-shaped, with the apex going into the skin. The apex penetration is what makes corns so painful. Calluses don't extend as deeply into the skin and they cover a more diffuse area. Calluses generally don't hurt. Both are caused by friction and pressure from tight shoes. Treat corns and calluses the same way: Run an emery board across the top of the corn or callus, just enough to remove the top layers of skin. (Don't let skin become raw or red.) Follow with a thick coating of an emollient cream. INGROWN TOENAILS Once a nail is ingrown, you must see a doctor. Symptoms: pain, redness, tenderness to the touch. If you start poking around the nail to fix it yourself, you'll make the matter worse and risk infection. Avoid ingrown nails by trimming nails straight across and never dig into corners. If you have an accumulation of dead skin on the edges of the nail, use a nail brush to clean it out. BUNIONS These are usually bone deformities at the base of the big toe. The second toe bends toward the big toe, and the big toe slides over it at the opposite angle. Bunions tend to be hereditary, and the bone often enlarges from shoe pressure. The only way to straighten the bunion is with surgery. FOOT ODOR Try to keep feet clean and dry—powder liberally and often to absorb moisture. To cool feet off at the end of the day, spray with cologne. To get rid of foot odor in seconds, try new Abscents Deodorizing Powder by Gordon Labs.

IF YOU THINK BABY OIL HAS TO BE REALLY SLIPPERY, HEAVY, SLICK, STICKY, AND SLOPPY,

LIGHTEN UP.

NOW AVAILABLE IN ALOE

Discover **Baby Magic**® *Lite*™ Baby Oil, in new aloe—or original. It's a great moisturizer, and does everything nary baby oil does. But it's lighter. And absorbs faster. So all it leaves you feeling is smooth, silky, satiny, sleek and soft.

IT CLEARLY ABSORBS FASTER.™

by MENNEN

) The Mennen Co.

THE BEST SUMMER POLISHES

WE DESIGNED THIS CHART ACCORDING TO SKIN TYPE. IF YOUR SKIN HAS YELL

WARM

PALES	NATURALS	VIVIDS
Cover Girl Professional One-Coat Nail Color in Palm Beach Peach	Revlon Creme Nail Enamel in Santa Fe Sand	Revlon Creme Nail Enamel in California Sunshine
L'Oréal Crème Riche Nail Enamel in Sheer Pêche	Revlon Creme Enamel in Coral Gardens	Clinique Glossy Nail Enamel in Sun Petal
Clarion Pure Performance Nail Color in Nutmeg	Cover Girl NailSlicks in Adobe Sunrise	L'Oréal Crème Riche Nail Enamel in Poppy
Nouvage Nail Enamel in Perle	Elizabeth Arden Luxury Nail Color in Beach Pebble	Elizabeth Arden Luxury Nail Color in Vermilion
Clinique Glossy Nail Enamel in White Coral	Clinique Glossy Nail Enamel in Sugar Coral	Yves Saint Laurent Nail Lacquer #62 Sunny Coral
Avon's Quick Change Nail Color in Quick Peach	Max Factor Diamond Hard Nail Enamel in Peach Sorbet	Avon Quick Change Nail Color in Effortless Salmon
Cutex Shine On Lasting Color Nail Enamel in Pale Peach	L'Oréal Crème Riche Nail Enamel in Peachy	Chanel Creme Nail Enamel in Coco Blaze
Cover Girl NailSlicks in Chantilly	Yves Saint Laurent Nail Lacquer #66 Rosewood	Revlon Creme Nail Enamel in One Perfect Coral

The best of the Long

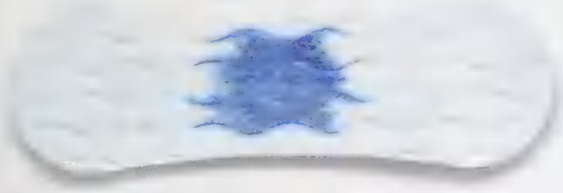
Introducing Always Longs. The cleaner, drier pantili

DERTONES, CHOOSE AN ENAMEL FROM THE WARM CATEGORY. IF YOUR COMPLEXION HAS BLUE UNDERTONES, COOL POLISHES ARE PERFECT.

COOL

PALES	NATURALS	VIVIDS
Clarion Pure Performance Nail Color in Pink Carnation	Gale Hayman Beverly Hills Nail Colortreat in Beverly Hills Mauve	Max Factor Diamond Hard Creme Nail Enamel in Rose Garden
Cover Girl Professional One-Coat Nail Color in Pink Champagne	Lancôme Nail Lacquer in Bistro	L'Oréal Crème Nail Enamel in Hot Pinque
Maybelline Long Wearing Nail Color with Glyoxal in Blushing Pink	Clinique Glossy Nail Enamel in Baby Fingers	Maybelline Long Wearing Nail Color with Glyoxal in Amaryllis
Ultima II NailChrome in Skinny-Dip	Revlon Creme Nail Enamel in Misty Lilac	Cutex Strong Nail in Magenta
Cover Girl NailSlicks in Porcelain Pink	Maybelline Long Wearing Nail Color in Sugar Plum Ice Perle	Lancôme Nail Lacquer in Pink Begonia
Max Factor Diamond Hard Formula Perle Nail Enamel in Pink Sterling	Revlon Creme Nail Enamel in Sandalwood Beige	Maybelline Long Wearing Nail Color with Glyoxal in Pink Mink
Almay Nail Enamel in Watercolor Pink	Cover Girl NailSlicks in Sandstone	Chanel Creme Nail Enamel in Coco Pink
Max Factor Diamond Hard Formula Creme Nail Enamel in Pink Pizazz	Cover Girl NailSlicks in Tea Rose	Revlon Creme Nail Enamel in Pinkish

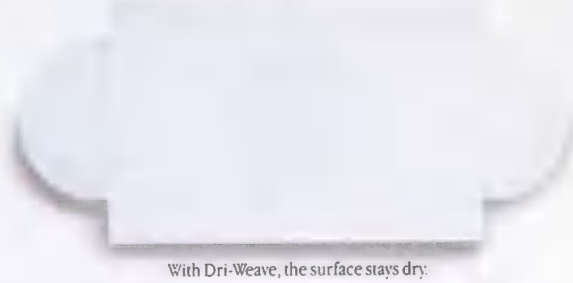
The test of the Longs.



Moisture applied to other long pantiliner.

Moisture applied to Always Longs pantiliner.

Surface stays wet on top.



With Dri-Weave, the surface stays dry.

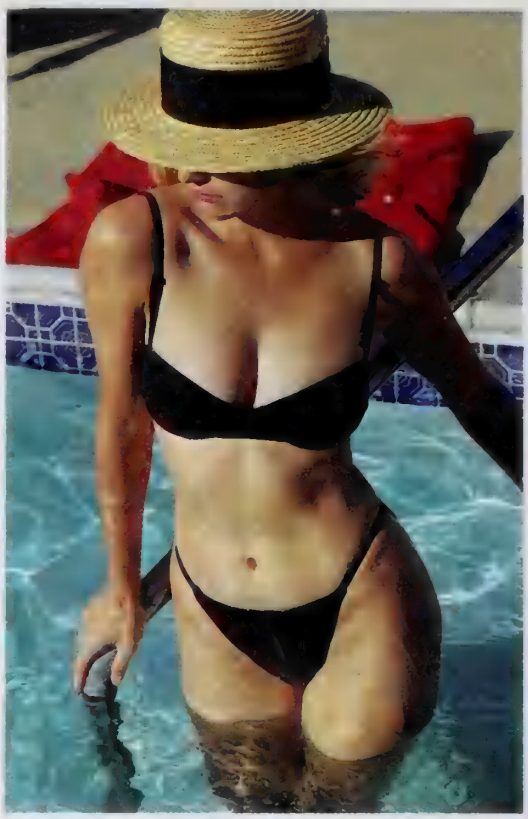
Always® Longs top all other long pantiliners. Because we have Dri-Weave, the amazing topsheet that pulls moisture right into the pantiliner...away from you. So, while other pantiliners can stay wet on top, Always Longs stay cleaner and drier. But that's not the only reason you're better protected. We're longer than any other long pantiliner, too.

Always Longs pantiliners. The cleaner, drier way to a fresh day.

© P&G 1991

GRIN AND BARE IT

SUMMER STYLES MEAN SHOWING LOTS OF SKIN, SO THIS SEASON, MAKE SURE YOURS IS SEE-WORTHY. WE'VE GOT SECRETS FOR KEEPING SKIN SEXY-SMOOTH AND TREATMENTS FOR THE MOST COMMON SKIN PROBLEMS



SMOOTH MOVES

LET'S FACE IT: HAIR REMOVAL IS AN ANNOYANCE, ESPECIALLY IN SUMMER, WHEN YOU HAVE TO DO IT SO OFTEN. WHAT'S THE FASTEST, EASIEST METHOD? IT DEPENDS ON HOW FREQUENTLY YOU NEED TO DO IT AND HOW SMOOTH YOU WANT TO GET.

SHAVING

WHAT IT DOES *Clips off hair at skin's surface.* **WHERE TO USE** *Legs, underarms, bikini line.* **PROS** *Shaving's speedy, simple, cheap and painless—the most popular method.* **CONS** *Stubble—the only way to avoid it is to shave every day. But be sure to shave at night, not right before going to the beach, because skin will be too sensitive to expose to sun and salt water. Shaving can cause skin irritation and ingrown hairs. To avoid irritation, use shaving cream instead of soap (soap is too drying) and shave in the shower. If your skin is very sensitive, shave in the direction of hair growth. After shaving, dust area with talc to absorb excess moisture, reduce friction. Wait an hour or two to apply moisturizer or sunscreen to further curb irritation. Exfoliating with a loofah or pumice can help prevent ingrown hairs.*

WAXING

WHAT IT DOES *A thin layer of warm, melted wax is applied to skin with a spatula (or cold wax strips are pressed on, peeled off) to zip off hair.* **WHERE TO USE** *Face, bikini line, legs, forearms.* **PROS** *Waxed skin is silky smooth and stays that way for three to eight weeks. Hair regrowth is softer and sparser.* **CONS** *In order to rewax, hair must grow out at least a quarter inch. Waxing can be uncomfortable, and skin can get irritated. At-home warm wax treatments can be messy and painful (cold wax isn't as painful, but it doesn't always remove the hair as well).*

DEPILATORIES

WHAT THEY DO Depilatories contain chemicals that break down the hair, causing it to fall off at the skin's surface. **WHERE TO USE** Face, forearms, stomach, bikini line, legs. **PROS** Skin gets silky smooth, because hair is removed just below the skin's surface. **CONS** Depilatories can be irritating, so be sure to do a patch test. Irritation can also occur if the product is left on the skin too long or if you have any cuts or lesions. If skin breaks out, try an over-the-counter hydrocortisone cream. If you have coarse hair, wet it thoroughly with tepid water, dry, then apply the depilatory.

Is it true they played basketball in Easy Spirit pumps?

To prove a point, we asked women to play basketball in Easy Spirit Dress Pumps. Not just for a few minutes. But for hours. They played hard. And they played to win! After the first two hours, even we were surprised. What's the secret? There really is a sneaker inside these slender, streamlined, buttery little pumps. The famous Easy Spirit sneaker Suspension System. So come try them on. You'll feel the secret. Not just the cushioning. The contoured last. The stability. The protection from pain! Now we don't recommend you play basketball in them—just find out how wonderful it is to walk in them. Easy Spirit Dress. Now in 4 heel heights. A rainbow of colors. And the right fit! Sizes 4 to 12. In 7 widths. **AAAA** to **EE. WHEEE!**

Easy Spirit Dress

LOOKS LIKE A PUMP, FEELS LIKE A SNEAKER.™

The Amish way of life reflected in the contentment of a little girl...

Sho
smaller th
actual size
inches, seated. Comp
with handcrafted cloth
and quilt-pattern blan

"Rebeccah"

Rebeccah" has finished her ores for the day—the eggs are llected, the calves have been d, and the berries picked for lama's homemade pie. Now Rebeccah" can sit down on her anket and enjoy a quiet mo- ent with her favorite doll.

"Rebeccah" is the very first doll esigned by world renowned tist Julie Good-Krüger. he is also the first issue in *Amish Blessings*, a ollection of dolls honoring one of this humble mmunity's most precious gifts—its children.

uality Craftsmanship in Every Detail

Rebeccah's" head, arms, and legs are hand-cast of ne bisque porcelain. Her softly blushed cheeks, eathered eyebrows, and fine lashes are delicately and-painted. Expressive hand-set eyes and grace- lly animated hands and feet reflect her gentle ature. Her head is fully poseable, so she can look own affectionately at her doll, or wherever ou wish.

In keeping with the Amish faith, "Rebeccah" ears a solid-colored dress of natural cotton fabric nd a black apron, both fastened with simple hooks nd eyes. A crisp, white, organdy prayer cap covers er hair bun. Her traditional faceless doll is hand- afted, and her blanket is imprinted with a assic Amish quilt pattern. ach doll is hand-numbered nd comes with a match- g numbered Certificate of uthenticity.

Evaluated against *The Uniform Grading Standards for Dolls* developed by Ashton-Drake, these distinctive features have earned "Rebeccah" the highest rating for artistry and craftsmanship—*Premiere Grade.*

A Collectible Doll with Investment Potential

The doll you buy today may be a wise investment for the future. Once an edition is sold out, those who want a doll from the edition must pay whatever the market will bear, if and when one becomes available from dealers or at auction. That's why fine collectible dolls often sell for more than their original prices within only a few years of being issued.

Of course, not all dolls increase in value; values can go down. But a doll of superior artistry and craftsmanship—such as "Rebeccah" and other Premiere Grade dolls—has excellent potential to appreciate.

Bear in mind that "Rebeccah" is the first issue in an important collection, just as the exceptional dolls we recommended in the chart below. "Rebeccah" has similar credentials that make her potential for market success also seem promising.

Recommended and guaranteed by the Ashton-Drake Galleries, "Rebeccah" can be yours to cherish for only $68.00—an extraordinary value for an heirloom-quality doll. To order, simply complete and mail the attached Reservation Certificate. But hurry... "Rebeccah" is issued in a limited edition ending forever in 1991, after which molds for this doll will be broken and no more porcelain for "Rebeccah" will ever be cast. Order today.

Doll	Position in Collection	Year of Issue	Issue Price	Average Market Value*	Change
"Little Bo Peep"	First	1987	$58	$321	+$263
"The Glamour of the Gibson Girl"	First	1988	$77	$186	+$109
"Meagan"	First	1989	$87	$125	+$38

*Source: January, 1991 survey of registered sales by leading doll dealers nationwide. Actual resale prices may vary.

AR-1305

THE ASHTON-DRAKE GALLERIES
9200 North Maryland Avenue
les, Illinois 60648-1397

THE ASHTON-DRAKE GALLERIES

PLEASE RESPOND BY:
May 31, 1991

S, please enter my reservation for "Rebeccah," first ue in the *Amish Blessings* collection. Limit: One doll per stomer. I understand that I need SEND NO MONEY OW. I will pay for "Rebeccah" in four convenient nthly installments of $17.00* each, the first being billed ore shipment of the doll.

satisfaction is unconditionally guaranteed. I understand t I may, for any reason, return "Rebeccah" to the hton-Drake Galleries at any time within *one full year* er I receive her for a refund or credit of the full purchase ce, including postage.

X _____
Signature _____ Date _____

Name (please print) _____ ( ) Telephone _____

Address _____ Apt. No. _____

City _____ State _____ Zip _____

*Plus $3.94 home delivery fee and any applicable state sales tax. Please allow 4 to 6 weeks for delivery. Canadian price: $87.00 plus postage and handling and any applicable sales tax.

76451-D88075

HAIR EXTRACTOR

WHAT IT DOES A rotating coil grasps hair and removes it from the root. **WHERE TO USE** Legs and forearms. **PROS** Skin stays smooth for about three weeks—hair needs to be only a little longer than stubble to use, and hair will grow back finer and softer. **CONS** Most women will feel at least some tingling (if not pain) as the hairs are removed. If hair is long, the device will pull painfully at the skin. Tip: Wax legs first, then use the machine for maintenance as hair grows in. The device should not be used if you have sensitive skin. Skin may redden after initial use. If you have a medical condition or a skin disorder, check with your doctor before using any electric hair-removal device.

THE SECRETS TO SHOW-OFF SKIN

WE ASKED TOP NEW YORK CITY DERMATOLOGIST DIANA BIHOVA, M.D., FOR SOME QUICK COVER-UPS AND LONG-TERM SOLUTIONS TO THE MOST COMMON SKIN PROBLEMS

SPIDER VEINS These threadlike bluish veins are blood vessels that have become permanently dilated. If you have spider veins, avoid very hot or cold water, which tends to aggravate them. To conceal them, try a waterproof over-the-counter cover-up, such as Dermablend. For a more permanent solution, consider sclerotherapy. This procedure, done by a dermatologist, involves injecting the veins with a sclerosing solution (an irritating solution, like salt, which causes a mild burning sensation). A few treatments at two-week intervals should do the trick. Several weeks to a month after the final treatment, veins will disappear forever. Each treatment costs about $100 to $200.

VARICOSE VEINS This type of vein protrudes from the skin; mild cases can be treated the same way as spider veins. More severe cases—especially painful veins—should be handled by a qualified vascular surgeon.

BIKINI RASH Flesh-colored bumps are often the result of ingrown hairs, usually from waxing. The area can become infected if not treated by a dermatologist. To prevent ingrown hairs, exfoliate with a mild loofah a few times a week while bathing.

Little red bumps are more likely caused by an inflammation of the hair follicles due to shaving—this is called folliculitis. Treat it with an over-the-counter hydrocortisone cream. If condition doesn't improve, see a doctor.

RED NECK PATCHES These can be red or brown and are usually the result of a fungus infection. After exposure to the sun, they become more pronounced, because they don't tan. The condition is hereditary and is more common in people who perspire a lot. Try using an antifungal shampoo like Selsun Blue on the affected area. If that doesn't work, see your dermatologist.

BACK AND CHEST ACNE Apply a benzoyl peroxide solution, 2.5 percent or 5 percent strength, and use an acne soap every other day on the affected areas. Leave the soap on for ten minutes before rinsing. After exercising, treat area with an astringent-soaked pad. For more serious acne, see a dermatologist.

ROUGH ELBOWS Exfoliate with a loofah sponge or pumice stone twice a week when taking a bath. Follow with a moisturizer. Add bath oil to the tub once a week. To avoid, don't sit with your elbows on a desk or table!

All my life I had a weight problem, then I lost 24 lbs."

—Cheri Browner

"I had been overweight all my life. But after my first pregnancy it got worse. I tried lots of diets but they never seemed to work. They just left me feeling hungry. Then my pharmacist told me about the Dexatrim® diet plan. With Dexatrim, I found I ate less because I wanted less. I just took one Dexatrim in the morning and I was fine all day. I didn't even feel like I was dieting. I could just say, 'no thank you' and mean it. I still ate most of the foods I loved—just less of them. For the first time, I was in control. But it was at a family wedding that I really felt proud. People hadn't seen me in months. My husband's whole family was there. They just couldn't believe it was really me. It was Dexatrim that made it possible. I never want to go back to the old me. And with Dexatrim, I won't."

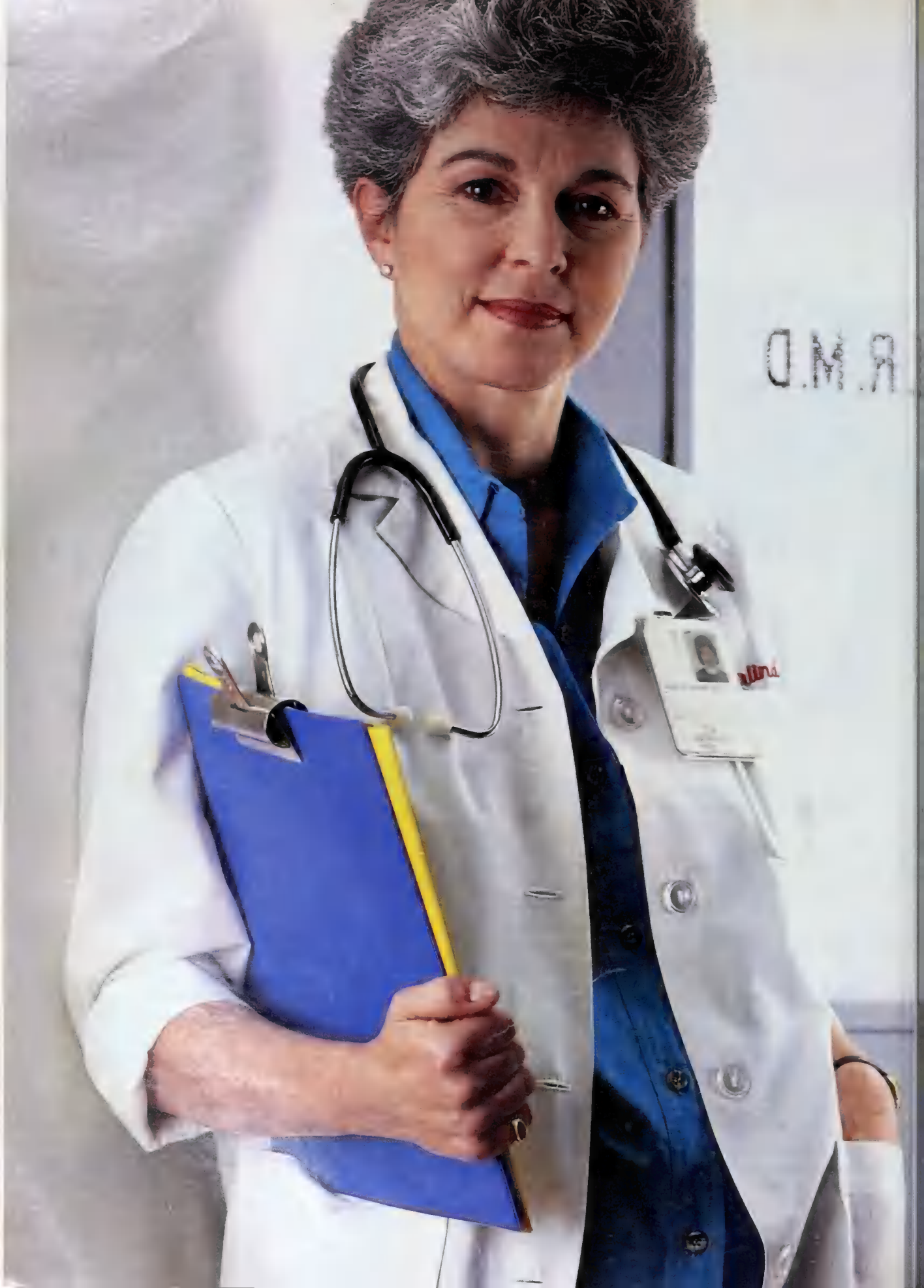
Clinical studies show people on the Dexatrim diet plan were more successful losing weight than those who dieted without Dexatrim. It helps control your appetite so you eat less and lose weight. And it has no caffeine to make you nervous.

dexatrim®

Nothing works harder to help you lose weight.

)—Thompson Medical Co., Inc.

Browner may not be typical of the average Dexatrim user. Weight loss varies
ne individual depending on a variety of factors. Most users need to lose less weight.



A Gynecologist's Report on Gyne-Lotrimin.

"Now women can cure their own vaginal yeast infections."

"Gyne-Lotrimin is available without a prescription."

Rosalind C. Warner, M.D., Gynecologist

"Once a woman has been through a vaginal yeast infection, she can easily recognize it. Now that Gyne-Lotrimin is available without a prescription, she can immediately start to cure most recurrent vaginal yeast infections. From my private practice at The Lankenau Hospital in Philadelphia, I know a vaginal yeast infection can worsen if not properly treated. Now that Gyne-Lotrimin is available without a prescription, women can begin an early cure."

Gyne-Lotrimin® vaginal insert or cream, in the same full-strength prescribed by doctors 25 million times, is at your store now. Use as directed.

Early Treatment. Early Cure.

Call 1-800-321-GYNE for free Women's Health Newsletter and introductory coupon.

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WILT-PROOF MAKEUP (FOR ALL-DAY PRETTY)

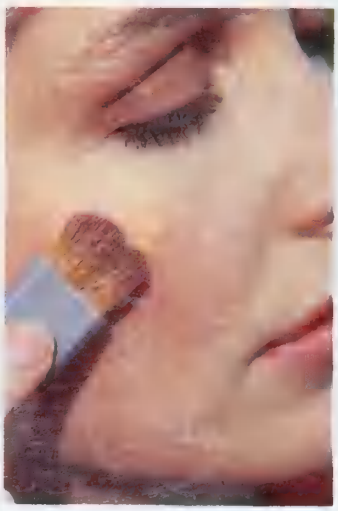
HOW TO LOOK FRESH WHEN IT'S 90° IN THE SHADE? WE ASKED L.A. MAKEUP PRO DEBORAH HOWELL (WHO ALSO DID ALL THE MAKEUP ON THESE PAGES) FOR HER FOOLPROOF STRATEGIES

1 BASE

FOR NORMAL TO OILY SKIN: ***At the office*** *Start with an oil-free moisturizer and oil-free foundation. At least one of these should contain sunscreen. Apply moisturizer, wait two to three minutes, then apply base. Maybelline Finish Matte Water-based Liquid Make-up is a great new choice.* ***For sports or on the beach*** *Opt for an oil-free sunblock and skip foundation. FOR NORMAL TO DRY SKIN:* ***At the office*** *Apply moisturizer and oil-free foundation.* ***For sports or on the beach*** *Use a moisturizing sun block and concealer.*

2 POWDER

FOR NORMAL TO OILY SKIN: Dust entire face (*and* décolletage if you're wearing a low V or scoop neckline) with loose transparent powder. For midday touch-ups, choose a transparent pressed powder or a compact dual-finish foundation. FOR NORMAL TO DRY SKIN: Brush loose transparent powder all over face (with a brush, not a sponge or puff) then mist face with a mineral water atomizer. Look for Cover Girl Replenishing Loose Powder.

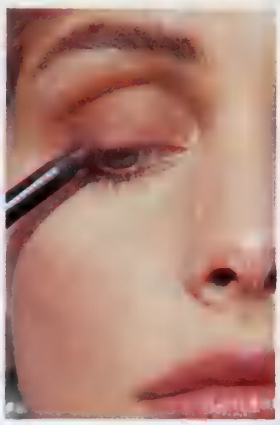


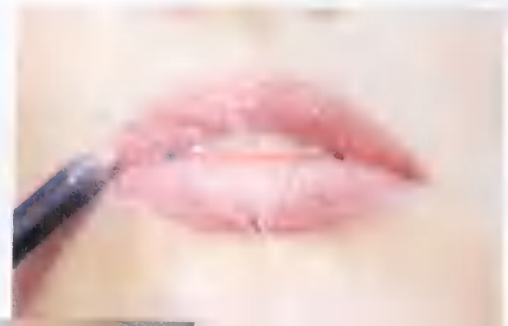
3 BLUSH

The best choice for everyone is a cream - powder formula. It goes on naturally sheer, looks real in any light, stays on in humidity, (unlike powder blush, which fades fast, gets streaky). Use a brush or sponge to apply and blend—avoid using fingers.

4 EYE MAKEUP

Everyone will benefit from a shadow base to keep shadow smearproof, easier to apply. Stick to matte powder shadow and keep it simple. The simplest look of all is wearing eye pencil alone to enhance eyes: try one with a slightly matte texture. Add a reliable waterproof mascara—Cover Girl Extension Waterproof Mascara is runproof—and lift and color brows with a tinted gel. Your best bet: Max Factor's Brow Tamer.





5 LIPS

Smooth on a waxy lip balm with sunscreen to protect lips and provide a base for pencil and lipstick. Matte lipstick lasts longest.

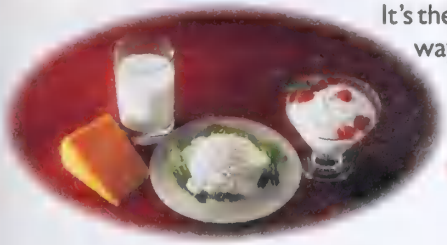
Dress, Smythe & Co.; earrings, Fragments; model, Lauren Helm of Click. Lauren's wearing Revlon Springwater Powder For Sensitive Skin in Light and L'Oréal Microblush Softly Sheer Cheekcolour in Brunelle.

When your potassium comes with dairy calcium, you don't need a bunch.

An 8-ounce glass of milk has about as much potassium as the average banana. And an 8-ounce cup of yogurt has even more. Dairy foods can be an excellent source of potassium. And many other essential nutrients as well. Including, of course, calcium.

Milk and yogurt, like all dairy foods, also come in a variety of lower fat alternatives. So build your family's diet on a firm foundation of dairy foods.

It's the perfect way to avoid nutritional slip-ups.



Dairy Foods. The Basics of Good Nutrition.

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National Dairy Board
America's Dairy Farmers

SUMMER-SEXY HAIR

HEAT, HUMIDITY, WIND, CHLORINE AND SALT WATER ALL TAKE THEIR TOLL AND OFTEN CAUSE OILY SCALP, FRIZZIES OR LIMP, DO-NOTHING HAIR. NOW IS THE TIME TO CONSIDER A NEW, EASY-CARE CUT AND RE-THINK YOUR STYLING TECHNIQUES SO YOUR TRESSES LOOK TERRIFIC ALL SEASON LONG

PROBLEM: STRAIGHT OR WAVY HAIR THAT GOES LIMP AND LIFELESS AS SOON AS YOU GO OUTSIDE

SOLUTIONS: A **SOFT PERM** will give straight hair body and help wavy hair hold its natural shape. Ogilvie's Whisper Wave Soft Perm is a nonammonia formula that's easy for first-time users, takes thirty to sixty minutes. A good **BLUNT CUT** is another option that can make the most of straight hair's swing and shine. If hair is fine, an above-the-chin length will make hair look thicker. Top NYC hairstylist Frederic Fekkai says the newest blunt cut is center-parted, shorter in back, longer in front. Use a lightweight protein-enriched shampoo and conditioner in an extra-body formula. Fekkai's other summer favorite for straight or wavy hair is **THE NEW WEDGE**—a soft feminine look that tapers in to the neck with lots of bangs in front. The new **FRENCH TWIST** is a pretty look that pro hairstylist Jamie Downing of Tampa uses to jazz up fine, limp hair that's medium to long. She pulls wisps down near ears and at neckline for extra softness.

PROBLEM: NATURALLY CURLY OR PERMED HAIR THAT'S PRONE TO FRIZZIES

SOLUTIONS: Depend on a **DIFFUSER** when blow-drying hair. After shampooing, wrap hair in a towel for ten minutes. Then apply a **MOISTURIZING STYLING PRODUCT** to roots and ends and tousle hair with fingers. If you're blow-drying, toss head forward and dry while finger-combing hair. Stop drying when hair is just damp. Styling aids to try: L'Oréal Studio Line Pumping Curls, Clairol Condition Curl Refresher or Phyto Plage Re-Hydrating Sun Jelly. The best way to emphasize texture and movement of curly hair? A classic above-the-shoulders, side-parted **ALL-ONE-LENGTH CUT**.

PROBLEM: CURLY HAIR THAT RETAINS FRIZZ WHEN YOU BLOW-DRY IT STRAIGHT

SOLUTIONS: Choose a mild, **PROTEIN-ENRICHED** shampoo and a super-moisturizing conditioner with silkening, **SHINE-BOOSTING** ingredients like aloe, vitamin E, lecithin and keratin. Look for: Helene Curtis Salon Selectives Shampoo Level 4 and Conditioner Type P. New Orleans hair pro Sam Brocato of Lockworks USA suggests **SHAMPOOING TWICE FOR FULLNESS**, using a gentle conditioner, then combining a drop of conditioner with your usual styling product and applying the mix to hair before styling. When hair is dry, spritz on a light- to medium-hold hairspray that's specially formulated to add shine. Look for L'Oréal Color-vive Technicare Instant Shine Booster or Sebastian Laminates Spray.

Green tank dress, Arnaud & Thierry Gillier ≡ Jet Lag, NYC; earrings, Ayala Naphtali; model, Valerie Busch of L. A. Models.

Now the best things in life are fat free.

Introducing new Miracle Whip® Free.®
It's not just low fat, like the other guys. It's fat free. Cholesterol free, too. And only new Miracle Whip® Free® has the Tangy Zip of Miracle Whip.®

Reach for the Zip of Miracle Whip® Free.®

less than 1/2 gram of fat per 1 Tbsp. serving.

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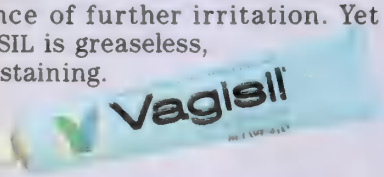
Yeast infection Itching

VAGISIL® Creme stops the itching and burning instantly

It's no wonder VAGISIL® Creme relieves *any* external minor feminine itching instantly. Developed with a leading gynecologist, VAGISIL has the medication to stop even the maddening discomfort of a yeast infection.

That's why millions of women trust VAGISIL for immediate relief of everyday itching due to exercise, chafing or normal perspiration.

The VAGISIL formula not only stops itching. It also forms a protective film over irritated tissue to reduce the chance of further irritation. Yet VAGISIL is greaseless, non-staining.



If you suspect a yeast infection, see your doctor. Meanwhile, get instant relief from the burning itch and irritation with VAGISIL Creme.

Feminine Moisture and Odor

VAGISIL® Powder absorbs both ...you feel fresh all day.

No other feminine powder works like VAGISIL® Powder. Its exclusive "Moisture Shield" formula has the feminine moisture absorber doctors recommend. It absorbs moisture and odor as it helps protect delicate skin from irritation. You feel fresh, dry, comfortable all day.

Vagisil®
FEMININE POWDER & CREME MEDICATION

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LOOKING GOOD

DON'T SWEAT IT

EVERYONE HAS TO DEAL WITH PERSPIRATION WHEN THE TEMPERATURE SOARS, BUT THERE ARE LOTS OF EASY WAYS TO KEEP YOUR COOL. HERE, FOOLPROOF ADVICE FROM TOP DERMATOLOGIST DIANA BIHOVA, M.D.

If you perspire normally, count on an antiperspirant. The key keep-dry ingredient in antiperspirants is aluminum chloride, so look for it on the label. Aluminum chloride is an astringent salt, and it works by forming a plug in the sweat duct, which prevents sweat from escaping the pore. The over-the-counter product with the highest percentage of aluminum chloride (12 percent) is Certain Dry. Other brands to try: Ban, Dry Idea, Secret and Sure.

For maximum wetness control, apply an antiperspirant twice a day—once in the morning and again at bedtime—it works while you sleep to shrink pores, which helps curb daytime perspiration. Never apply immediately after showering or after shaving underarms because underarm skin is very easily irritated.

Don't confuse deodorants with antiperspirants. Deodorants contain perfume and antibacterial ingredients, but they have no preventive effect, even on light perspiration.

If you perspire excessively, you may need a prescription antiperspirant such as Drysol. Drysol is also effective for sweaty palms and feet: Apply it lightly on palms or soles, wrap hands or feet in plastic wrap (or slip hands in plastic gloves) and leave on overnight.

Perspiration produces a softening of the topmost layer of skin cells, which is a natural defense against bacteria and fungi. When this layer softens, it's not an effective barrier and you are more vulnerable to superficial bacterial infections and fungal infections. That's why people get impetigo in the summer; friction from clothing straps, backpacks, belts and wet bathing suits can aggravate these conditions.

Wear generously cut shirts and blouses in fabrics that breathe—like cotton, rayon, linen. Sprinkle cornstarch between and under breasts before putting on a bra if perspiration is a problem there. Skip pantyhose whenever possible—or put them on when you get to your air-conditioned office. Or trade in your skirt and hose for lightweight tailored trousers.

Do you tend to sweat after (or while) eating spicy foods? Called gustatory sweating, it usually occurs on the face, and it's perfectly normal. If you have an odor problem, though, avoid onions, garlic and strong cheeses.

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Get a head start on shopping for summer-perfect products and treatments with our six super coupons. Turn to page 191 to find coupons for: A free pair of Coloralls Pantyhose (pantyhose and panties in one); 30 percent off a shampoo, haircut and style at a participating Regis Salon; a free 2.1 oz. bottle of Vitabath Spring Green Gelee; a free Revlon Summer Beauty Kit, including New Complexion Makeup, Jean Naté After Bath Splash, Super Lustrous Lipstick, Hydra Color, samples of Krystle Eau de Toilette, Carrington Cologne, mini Epoxy 1000 and Trouble Cologne; plus a rebate certificate for any L'Oréal Colorvive Technicare product.

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FOR GENERATIONS ♡ 1931-1991

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FICTION

STRANGE FITS OF PASSION

From her first glimpse of Harrold, she was utterly entranced. How could she know that his love was like a poison? Read this engrossing excerpt from a haunting new novel.

By Anita Shreve

We met my first day of work at the magazine. I came around a corner—he was in an office. I saw him only, though it was another man, my editor, I had come to speak to. Harrold had been standing, hovering over a desk, looking at a layout. I had forgotten already why I'd come, and I cast about for a question I could ask: It was, after all, my first day on the job, and I had an array of questions to pick from. My editor said our names. We didn't speak, and he felt compelled, I think, to fill in the gaps: She is from Chicago, just out of college; he is off to Israel in the morning.

He was massive, though you could see he'd never had an extra ounce of fat. His hair was large, too, loose and dark, and it curled slightly below his collar. But it was his eyes I remember most clearly. They were dark eyes and impenetrable, and when he looked at me I felt lost. I believe he saw this immediately, and it pleased him, possibly even thrilled him.

I left the editor's room, and I am absolutely sure I knew it even then. I knew it the way when you're told you have a certain illness you understand you will not get better; or the way when you see a particular house you think: Yes, that is for me, I am going to live there. So that when he came to my desk at five o'clock and said some words about a drink at six, I was not surprised, merely nodded.

We went to a bar around a corner. He ordered a martini, and I said I'd have a beer. He laughed at that; he said I didn't look the type to drink a beer. I asked, recklessly, what type was I? and then he had his opening.

He said that I made lists and that I would never be late. He said I would be steady, though I'd rather drift. Was I so transparent after all? He loved this game; he would always win. It was a dance, and he was leading.

You understand that it was physical. Before the night was over, I was in a room alone with him. We hadn't even had a meal. I was frightened, but I was ravenous, complicitous. I thought, believed that this was love, and we said the word together, and christened what we did. He went to Israel in the morning, and I went to work. I did not know how long he would be away.

He was gone for seven weeks; I had not had a word from him when he walked into the office. He came to *(continued)*

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FITS OF PASSION

continued

my desk. He said that he had work to do—two, three days at the most. He said that on the third night we would go to dinner. It wasn't a question.

So that's how it began. He had a large apartment on the Upper West Side, mostly empty. I had a tiny room in the Village, and so we lived at his place. He had been to Yale, and his father was a wealthy man. They were from Rhode Island. Harrold was twenty-eight when I met him, established at the magazine. It was understood that he was meant to be a star. His mother had died when he was a boy, and I was without a father, and somehow that seemed fitting: Our backgrounds were symmetrical.

When he was home, we would go to a bar, then to bed, and then I'd cook a meal. We'd be up until two or three in the morning. We never had people over to the apartment, and we never went to parties.

The truth was that we drank. There would be the drinking in the bars, with all the world around us. And then there'd be wine, the open bottle and the glasses beside the bed. It seemed to me that we would drink until the fevers, both erotic and mundane, had burned their way out of us, and we could go to sleep then.

We had been together a year, maybe longer. I had gotten home before him. I was in the kitchen, at the table, reading a newspaper. I had a headache. Actually I had the flu but didn't know it yet. I heard him in the hallway, and I stopped reading. I realized with some surprise that I wanted to be alone.

He came into the kitchen and put his hands on my shoulders. He began to massage the muscles at the base of my neck. I should have relaxed for him, but I couldn't. He would touch me when I didn't want it, especially when I didn't want it.

I tried to sit there, pliant, thinking: This will be over soon. But his fingers kneaded the knots in my shoulders too vigorously. I wrenched away suddenly. I was going to say, I'm not feeling well, I'm better off alone tonight, but he grabbed my wrist, held it.

I don't remember everything that happened—the room seemed to spin around me very fast. He had me up against the refrigerator; the handle was in my back. His strength was absolute, I'd only had hints of this before. He raised my skirt to my waist. I tried to push him away from me, but he slammed my wrist up against the al. I felt a sharp stab of pain; I tho that he had broken it.

And then I stopped resisting an came a part of it, a passive pl When it was over, he carried me t and wrapped me in a blanket. He ice cubes on my wrist—it was br but not broken. He seemed gratef me, and I was aware of a strange s of our having grown closer, more mate, as though the more risk took, the more secrets we shared more entwined we would become.

In the night I got the fever. And was when he asked me to marry and I said I would.

In the months and years tha lowed, it was often like that: He'd something from me or hurt me, then offer me something larger i turn. And if I took the something er—a promise or a commitment dream—it was understood that gave him. He never said, then or the word rape, and I could not sa word aloud myself.

He said that we would go to F Island to tell his father tha were getting married. The l was on the water, cavernous, with empty rooms.

His father was a wizened m

n who had once been large, like rold, but now was shrunken, ed in. You make your living scrib- g for that rag, too, his father said to after Harrold introduced us.

said yes, I worked with Harrold, then because I was nervous, I said, ll the silence, that I had heard a lot ut him, which was not true, and I'd heard about the textile mills how he'd made them out of noth- which was true and which Harrold mentioned to me, in passing.

he business was his if he'd wanted ut now it's gone, said the father, as if son were not in the room. The bitter- in his voice was unmistakable.

e're getting married, Harrold said rush, like a schoolboy in his fa- 's presence who wanted only to nge the subject. There was silence he room. I thought that possibly rold had shocked his father too h, had not prepared him for this ntuality, and that his father, un- tandably, was at a loss for words.

ou can stay for supper if you want, father said, but I won't be joining I take my meals alone now.

glanced at Harrold, but he turned y from me, looked out at the water. hat's your family do? his father d me. I knew then that he had d but had chosen not to give his son anything like his blessing or even acknowledgment.

Harrold left the room and walked out onto a porch. I heard his footsteps, saw him walk toward the beach.

I answered his father's questions about my family, about my mother. He seemed disappointed. Eventually, I excused myself. I went out to find Harrold on the beach.

We shouldn't have come, Harrold said. It was always like this. His father was an alcoholic.

What happened to your mother? I asked him.

He was ten, he said suddenly. His mother was dying of cancer. Breast cancer. He didn't know that she was dying.

And on this one particular day he was remembering, he had walked into the kitchen and he'd hit his father in the back with the swinging door. His father and then his mother's sister, who'd come to help with the care. They'd been embracing—not an embrace of consolation either, Harrold said. He thought now that it was just a grope, meaningless in the long run, but the boy did not see it that way.

And then, he said, he'd done the one truly horrible thing of his childhood.

Later that night, thinking somehow that his mother would make it right, he'd half told her, or had begun to tell her, and then had realized he couldn't, or ought not to, but she had seen it on his face, had heard too much before he could recover and take it back.

And after that day, his mother had never spoken to his father again. She'd died weeks later, not speaking to her husband, and the father had never forgiven the son. Was this the reason, then? The reason why the man I loved was so twisted, angry, brutal?

We were married in the winter. There was a pattern to our married life. We would be close for a day or a week, and I would have hope, and I would think the worst was over now and that we would be happy and have a family. And then, one day, because he had a story that was difficult, or because I raised my voice, we would grow distant, and in the distance I would become afraid and tentative, and he would see that and would find it unattractive. He would hurt me then. I told myself then that I would leave him. I tell myself now that I would have left him if I had not become pregnant.

I had the test in the morning but saved the news for the night. I had hope that the pregnancy would end the distances forever.

I had bought a bottle *(continued)*

FITS OF PASSION

continued

of champagne. I made a dinner that I knew he'd like, put candles on the table. He knew at once, when he saw the table, that this was special, and he asked, What's the story? And I said, We're going to have a baby.

He kissed me then and put his hand on my stomach. It seemed that he was happy, and I felt a rush of giddiness.

After dinner, he said, Come to bed. I sat on the edge of the bed and began to unbutton my blouse. I felt tender toward myself. I was savoring the feeling, unbuttoning my blouse slowly, in a dreamy way, thinking then not of Harrold but of babies.

And then I looked up, and he was standing over me. He had his clothes on still, and he was furious. His eyes were black and glassy. I won't tell you what he did to me except to say that he pushed my face to the side with his hand, as if he would erase my face, and that what he did he did ferociously, as if it would shake the baby out of me. When he was finished, I curled up and waited all night to lose the baby. But (strong girl) she didn't leave me.

There were other times, four or five, when I was pregnant. I started taking sick days when I couldn't go in to the office. Then I used my pregnancy as an excuse and did not go back at all.

I started labor in the night, in June, while Harrold was in London for a story. We disintegrated after Caroline was born. He became immensely jealous; he thought that I was seeing men while he went to work. He drank heavily. He couldn't bear to be wakened in the night, and if the baby cried, I had to silence her at once—I was afraid he might hit her, too.

Perhaps because of the drinking, his work began to suffer. There was a new fellow in the office, who seemed to be the favorite now. His name was Mark.

In October, there was unrest in Quebec, and Harrold had to go to Montreal. I kissed him when he left, and said to him, Hurry back.

When he had gone, I packed a suitcase and made the journey to the town where I'd grown up. When my mother came home from work, I said to her, Surprise! I said that Harrold was on a story and I was tired of staying alone. She had no reason to doubt me.

I had hoped that when Harrold returned to the empty apartment he would see me gone and be relieved. Instead, he called. My mother answered the telephone. I could not tell my mother not to answer her own phone. Her voice full of happiness and light, she said to me, It's Harrold!

His voice was ice. He said, If you don't return at once, I will come and get you. If you run away, I will find you. If you ever take my child away from me again, I will not only find you, but I will kill you.

He said these words, and I was looking at my mother, who was saying to my daughter, It's Dada on the phone!

When I returned to the apartment, I was seen to have capitulated utterly. I was punished. He would hurt me physically, or he would be cold to me, or he would be derisive.

It was the first week of December, and the magazine was having a party for the editor, who was leaving. It had been almost a year since I'd visited the office. I said to Harrold, Do you think I should go? He thought awhile and said, Why not? Let's show off the baby.

When I got to the nineteenth floor Harrold came out of his office and smiled at me. He put a proprietary arm around my shoulder, then took the baby from my arms. People came out of cubicles to greet me. Harrold and Caroline and I walked around the office in a kind of luminous cocoon, and I know how we must have appeared—a proud husband with his radiant wife and daughter. I remember thinking—we *might* have been this couple.

A man I'd never seen before came over to me to say hello. He said

me was Mark. We began to talk. I
s still high from the illusion Har-
d and I had created, and perhaps I
s laughing—I think I might have
ched Mark on the sleeve—when
rrold came around the corner with
e drinks. He was standing motion-
s, with a drink in each hand. His
es were deep circles, fixed on me. He
me forward, ignored Mark. He hand-
me my drink.
Mark seemed to take the hint and
fted off, and Harrold said to me, I
ve you for a minute, and already
u're after some guy.
I didn't say anything. I knew exactly
at to do: to hold the baby and to talk
ly to women until Harrold took me
home, and perhaps, if I was lucky, he might forget.

I was not lucky. Men came up to me and talked to me and sometimes kissed me; it was only natural. I hadn't seen them in almost a year. I waited for half an hour, then I excused myself and drove home. I nursed Caroline, put her to bed for the night. I made myself a drink; I was frightened.

It was after midnight when he came. He was drunk. His tie was missing, and his shirt was rumpled. I knew then that he'd been with another woman. I was frightened, but I was filled with rage. I walked down the hallway to the bedroom and shut the door.

I waited.

He burst through the door like a figure in a childhood nightmare. He said, Don't you ever shut a door in my face again! It was the only thing I remember him saying.

He threw me against the wall. I put my hands out to protect my face, but he swatted them away like mosquitoes. He had never been so frenzied. He didn't seem to care anymore where he hit me, that the bruises would be visible. Instinctively, I let my body go limp. I knew it was important to stay conscious if I could. His hands came down upon me, then he stumbled, missed, jammed his hand into the wall. He cursed, held his fingers, and I scooted out from under him. I ran to Caroline's room, swiftly scooped her from her crib, then locked us both in the bathroom.

He came to the bathroom door, shook the knob once as if he would tear it from the door. I waited. I didn't move. Caroline fell back asleep.

I don't know how long I was in the bathroom, but I didn't hear him again. I sat cross-legged for what seemed like hours. When I moved finally, I felt a bolt of pain in my knee, but I stood up. I opened the door but could not see him. I walked into Caroline's room and put her in her crib. I inched down to my own bedroom. He was lying there, passed out, snoring.

I have never been so quiet or so cautious or so quick. I picked up my duffel bag, put a few things in it, went to the baby's room, packed the bag with her clothes. I walked back into the bedroom, removed Harrold's wallet from his pants pocket, took the cash there.

In the car I put Caroline in her snowsuit. She woke up and began to cry, but when I started the engine, she was soothed. I drove uptown to a gas station. I said to the attendant there, Do you have a map?

He said, A map of what?

I said, Anywhere.

He came back and said to me, All I got is New England.

I said, Fine; I'll take it.

I turned on the overhead light and shook open the map. I let my eye drift until I found a dot that I thought would be safe. I folded the map, switched off the light. I turned the key in the ignition. I rolled down the window. I took my wedding band from my finger and threw it into the night. I didn't hear it land.

It was four o'clock in the morning and I was heading north and east. ■

Anita Shreve is the author of the novel "Eden Close" and has written extensively on women's issues. She lives in upstate New York with her husband and two children.

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THE ENLIGHTENED APPROACH TO MENOPAUSE.

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Q: How can I tell if The Estraderm Patch is right for me?

Q: Can Estraderm help relieve vaginal dryness?

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BRIEF SUMMARY OF PRESCRIBING INFORMATION.
PLEASE SEE FULL PRESCRIBING INFORMATION.

ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism; female castration; primary ovarian failure; and atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae.

CONTRAINDICATIONS

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up of a single physician's practice has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal

2. *Gallbladder Disease.* A recent study has reported a two- to threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use, especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.

2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).

3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.

4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.

5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.

6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether this is due to the estrogenic or progestogenic component of the contraceptive, patients with a history of depression should be carefully observed.

7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.

8. In patients with a history of jaundice during pregnancy, there is an increased risk that jaundice will recur with the use of

any patient receiving estrogen, the medication should continued while the cause is investigated.

9. Estrogens may be poorly metabolized in patients paired liver function and should be administered with c such patients.

10. Because the prolonged use of estrogens influence tabolism of calcium and phosphorus, estrogens should with caution in patients with metabolic bone diseas ciated with hypercalcemia and in patients wi insufficiency.

Information for Patients

See Patient Package Insert.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function test affected by estrogen-containing oral contraceptives lowing changes have been observed with large dos estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VI and X; decreased antithrombin 3; increased nor rine-induced platelet aggregability;
3. increased thyroxine-binding globulin (TBG), lead creased circulating total thyroid hormone (T_4) as n by column or radioimmunoassay; free T_3 resin decreased, reflecting the elevated TBG; free T_4 c tion is unaltered; TBG was not affected in clinica Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid c tion, and decreased pregnanediol excretion.

The pathologist should be informed that the patient ing estrogen therapy when relevant specimens are s

Carcinogenesis, Mutagenesis, Impairment of Fert

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and estrogens in certain animal species increases the fre carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug mothers should be done only when clearly necess many drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding pot verse effects on the fetus, induction of malignant ne increased incidence of gallbladder disease, and a fects similar to those of oral contraceptives, thromboembolism.

The most commonly reported adverse reaction to in clinical trials was redness and irritation at the applic This occurred in about 17% of the women treated ar approximately 2% to discontinue therapy. Reports of been rare.

The following additional adverse reactions have ported with estrogenic therapy, including oral contra

Genitourinary System: Breakthrough bleeding, change in menstrual flow; increase in size of uterine mata; change in cervical erosion and amount o secretion.

Endocrine: Breast tenderness, breast enlargemen

Gastrointestinal: Nausea, vomiting; abdomina bloating; cholestatic jaundice have been observed estrogen therapy.

Eyes: Steepening of corneal curvature; intolerance lenses.

Central Nervous System: Headache, migraine, diz

Miscellaneous: Change in weight, edema, change

HOW SUPPLIED

Estraderm 0.05 (estradiol transdermal system)—ea system contains 4 mg of estradiol USP for nom ery of 0.05 mg of estradiol per day

Patient Calendar Pack of 8 Systems	NDC 008
Carton of 6 Patient Calendar Packs of 8 Systems	NDC 008
Carton of 1 Patient Calendar Pack of 24 Systems	NDC 008

Estraderm 0.1 (estradiol transdermal system)—ea system contains 8 mg of estradiol USP for nom ery of 0.1 mg of estradiol per day

Patient Calendar Pack of 8 Systems	NDC 008
Carton of 6 Patient Calendar Packs of 8 Systems	NDC 008
Carton of 1 Patient Calendar Pack of 24 Systems	NDC 008

*See DESCRIPTION.

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a Bradford Exchange recommendation

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*As reported in the Bradford Exchange Market Report Vol. II-10.

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PARENTS' JOURNAL

A guide to child rearing in the nineties ■ Spoiling your kid? ■ Getting them to help with chores

By Mary Mohler and Margery D. Rosen

THE SPOILED CHILD

BY ALFIE KOHN

"You're going to spoil that child!" Sooner or later a visiting friend or grandparent utters this warning, and a mother becomes self-conscious about picking up a crying baby.

But is it true? No, say psychologists and pediatricians. In fact, they argue, more problems may be caused by parents who withhold love and attention from an infant for fear of raising a spoiled child.

The gap between popular beliefs and developmental facts is widest when it comes to infants. In a 1981 survey of more than five hundred parents, conducted by infant development specialist Ann Wilson, Ph.D., at the University of South Dakota, in Sioux Falls, two thirds of the mothers and four fifths of the fathers said they thought it was possible to spoil a baby under one year old. More than half of a smaller sample of mothers in 1989 agreed that holding and rocking infants too much can spoil them, according to a study by Tom Luster, Ph.D., associate professor of family and child ecology at Michigan State University, in East Lansing.

Yet the truth is, for the first few months of life, fear of spoiling is absolutely groundless. A famous study in 1972 at Johns Hopkins University, which has been confirmed by recent research, found that the babies most likely to fuss and cry were those whose mothers *hadn't* responded promptly to their cries. Parents who held back for fear of spoiling the baby often set into motion a vicious circle: Ignoring a newborn's cries led to more crying, which further discouraged the parents from responding, which made the baby even more irritable, and so on.

Tiny babies simply lack the ability to communicate their needs in any other way than to wail, so the best thing parents can do is respond. However, crying in a baby of, say, eight months, is a bit more complex. If he's in the habit of yelling in the middle of the night without any pressing need, parents may decide to draw the line. But, says Bruce J. McIntosh, M.D., at St. Vincent's Medical Center, in Jacksonville, Florida, except for such "sleep problems, there are next to no limits that you'd think of enforcing on a child before he starts to be mobile. Pick him up as much as he wants."

It's not clear why so many parents fear playing the spoiler. Luster believes it's just plain bad advice that's part of our culture, passed from one generation to the next. But Wilson thinks the matter goes deeper than that. According to her, parents who haven't had much support or affection themselves "find it difficult to provide that same affection for their children. Some parents may have a strong need to feel in control, which may interfere with their ability to provide care sensitive to their baby's needs."

Wherever the belief originates, though, the study by Luster also revealed that the mothers who were most worried about spoiling were least likely to provide a warm, caring, emotionally supportive environment. Fear of spoiling translates into "lower-quality care for the infant, even though that's not the parent's intention," says Luster.

Alas, the rules are not quite so clear-cut when it comes to toddlers and older children. It's hard to deny that some kids are demanding, whiny and self-centered—in a word, spoiled. How did they get that way?

Probably, according to specialists, because their parents never set clear limits or taught them to accept that sometimes the answer must be no. Parents who feel bad about not spending time with their children may try to compensate by giving in to every demand or by trying to fulfill emotional needs with material things. "Parents should examine their motives," McIntosh cautions. "Are they acting out of guilt, or out of genuine concern for the child's welfare? Are they trying to meet a child's complex developmental needs by giving him things instead of time?"

Of course, distinguishing between a reasonable and an unreasonable request isn't always easy. There are no across-the-board rules about how late a child should be able to stay up or how many cookies is too many. In general, the parent who is afraid to say no, who fears losing the child's love, may be in danger of raising a brat. But as a rule, the mother who can set clear limits and who responds to the child's needs for attention, time and caring needn't worry about spoiling her child.

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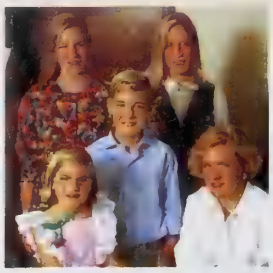
PARENTS' JOURNAL



ANN SENTILLES

KATHY ATWELL

JEANNIE WELDIN

HOW WOULD YOU HANDLE IT? HOW DO YOU GET KIDS TO PITCH IN AROUND THE HOUSE?

Ann Sentilles, 43, Dallas, four children, 17, 14, 11 and 7.

We talked with the kids about how they're a part of the family and explained that just as we share the fruits of our efforts, we have to share the responsibilities of running the home, too. We discussed what they'd be in charge of, and we hardly hear any grumbles. Maybe it's because the kids participated in the decision-making, or because they get such positive feedback from friends who come over. I know they feel good about helping out.

Kathy Atwell, 30, Lebanon, Missouri, three children, 8, 6 and 5.

We live on a small farm, and my kids have plenty to do—everything from making their beds to feeding the chickens. I've made a list and posted it on their bedroom doors. After they complete each chore, they write their name on a slip of paper and put it in a bucket. At the end of the week, I pull out one name, and the winner gets a small present—like a coloring book—or special time with me alone.

Jeannie Weldin, 36, part-time French tutor and aerobics teacher, Dumont, New Jersey, two children, 9 and 7.

I do believe in the old-fashioned rewards system: If the kids do what they're supposed to do—without my having to nag them—then we might go to a special movie, or I'll take them to the store so they can pick out a book or a new set of markers. And I try to remember to praise them when they do something I haven't asked them to do. They're so surprised—and genuinely thrilled—when I compliment them for unsolicited help.

PEDIATRIC HEALTHLINE

■ My eighteen-month-old has started to climb out of the crib. What do I do now?

There are two important issues raised: When is a child ready for the switch from crib to bed, and how can parents cope with a little one who may be able to wander around the home at night?

For safety's sake, a child should switch from crib to bed as soon as he reaches a height of thirty-six inches or can climb out of the crib with the mattress lowered to the bottom position. A low guard rail on the new bed is a worthwhile precaution to protect restless sleepers. If the purchase of a new bed is not feasible, parents should just put the mattress on the floor and put away the crib.

The desire to explore is a normal developmental stage. Prepare for nighttime excursions by keeping the door to the child's room closed (a good fire-safety rule also) or gated, and of course attend to safety hazards (day *and* night), such as open windows, electric fans and scattered toys. Parents can use an intercom to listen for sounds indicating their child is in "escape mode."

Make the transition to a new bed an event to be celebrated, so the child will want to sleep there. Parents can let children pick out fun sheets and pillowcases to add a personal touch. In addition to giving youngsters a favorite doll or stuffed animal to take to bed, leaving a radio on very low in the background may soothe children who do wake up in the night. Reassurance and common sense are key for parents of the toddler who is ready for a bed. —Robert L. Manniello, M.D.

ASK THE DOCTOR

Got a question about your child's health? Ask the doctors on the Pediatric Healthline of the Arnold Palmer Hospital for Children and Women, in Orlando, Florida. Call 800-727-9434 the first Wednesday of every month between six P.M. and nine P.M. Eastern time. OB-GYNs and family practitioners are available to answer health questions. This month's healthline, on May 1, is sponsored by PediaCare® Cold Relief Products for Children.

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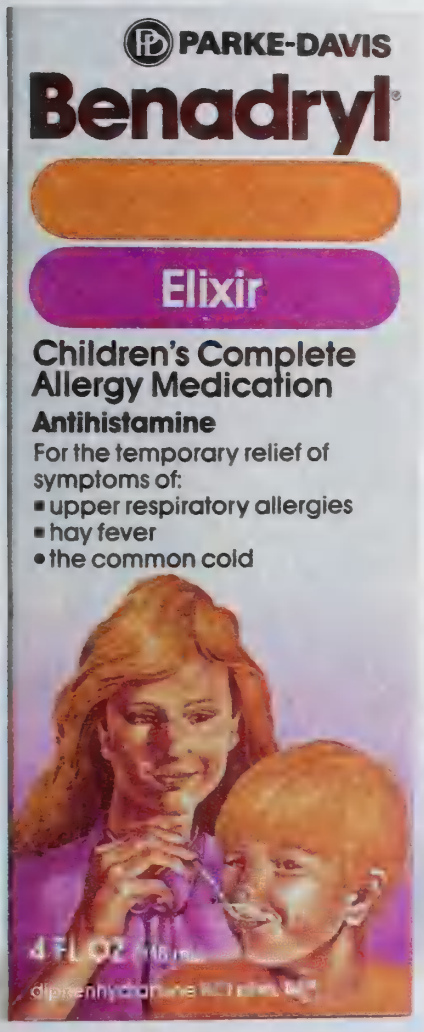

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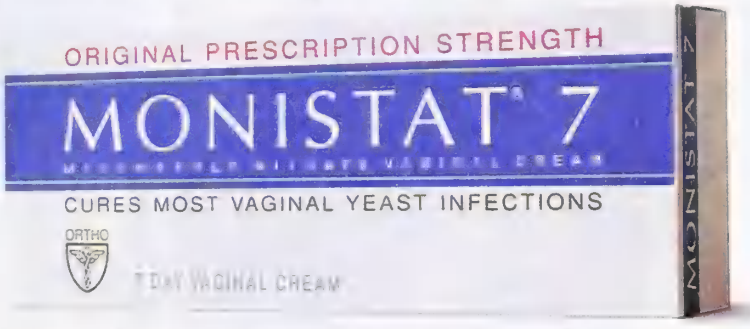

If you think you have a yeast infection, see your doctor. If you know you do, get Monistat 7.

MIGHTY MOM

Whether we're fourteen or forty, our mother maintains a tremendous influence over us. We love her and want her approval, yet she can infuriate us like no one else. Here, insights into our relationship with the most powerful woman in our life. **By Ann J. Nelson**

We complain about her to Oprah, we discuss her flaws with Phil. She's the one person who, with the arch of an eyebrow, can reduce us to a four-year-old. Our relationship with her is possibly the longest one we'll ever have—and it's certainly one of the most complex. We love her, she infuriates us, we want her approval, we want to be different from her—and, well into mid-life, we're still trying to cut the apron strings. Hi, Mom.

The tensions between mother and daughter are nothing new, of course. Witness four generations of women in my own family, grappling with this eternal conflict:

From the diary of my twelve-year-old daughter, Sarah, May 3, 1989: *"I wish Mom would like me for who I am, not who she wants me to be. She's always nagging me about sitting up straight, messy hair, or being stubborn. I'm not the perfect kid. I'm me."*

From my diary, July 19, 1963: *"Mother and I had another colossal fight—here we go again. It's about my hair this time. She said, 'If you're going to keep it long, you can at least have a permanent. My friends are going to wonder how you live at college.'"*

From my mother's diary, August 6, 1938: *"Mother's been so grouchy lately. Maybe I'm to blame, too. But all my life I've been doing what she wanted me to, and now I feel I want to do things differently . . . Believe me, if I'm ever a mother, I'm going to keep young with my children."*

And from *her* mother's diary, June 30, 1906: *"Came home hot and tired—was cross with Mother—wish I wasn't so quick to speak my own thoughts—I made her (continued)*

OUR MOTHERS, OURSELVES

IN A TRIBUTE TO THE FIRST WOMAN IN OUR LIVES, WE GATHERED TOGETHER JOURNAL MOTHERS AND DAUGHTERS. HERE, THEY TELL US HOW THEY REALLY FEEL ABOUT EACH OTHER.

Senior editor Margie Rosen, 41, with her daughter, Sarah, 7, and her mother, Irene David, 66. "The women in my family wonder if there's a gene for writing," says Margie. "My mother was a reporter, I'm an editor and Sarah creates short stories."

Photo editor Janet Csadenyi, 29, with her mother, Marie, 68. "I think the biggest difference between us is that she hates to shop and I love it," says Marie. "For shopping help she can depend on me anytime, day or night!"

Tricia Callari, 23, assistant to the publisher, and her mother, Rosemarie, 53, an assistant at Brooklyn College. "Trish has my character," says Rosemarie. "She's very kind and considerate. I'm not bragging."

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PROFESSIONAL
PHOTOGRAPHY DIVISION

(continued) feel so badly. I cried."

Mother myths

Historically, the mother has been viewed by society with great ambivalence—at once idealized, vilified and sentimentalized. She's the Madonna with child, the gentle Marmee in Louisa May Alcott's *Little Women*, the self-sacrificing Stella Dallas, the demanding and manipulative mother in Philip Roth's *Portnoy's Complaint*. She's June Cleaver, ready with a plate of cookies and a wise word, and she's "Mommie Dearest," poised to tear apart our self-esteem. We both ennoble motherhood, equating it with symbols as American as apple pie and the flag, and devalue it; "Do you work?" was the question that most infuriated me as a mother who stayed home full-time with her children.

Paula Caplan, Ph.D., a clinical psychologist in Toronto, believes society measures Mom by impossible standards, what she terms "mother myths" in her book *Don't Blame Mother* (Harper & Row, 1989).

Mom is expected to nurture us endlessly, know instinctively how to raise us, never feel—or express—anger, accept her inferiority to Dad and understand that if her children do turn out badly, it is her fault. If both Mom and her daughter buy into this cultural fiction, it is no wonder they have conflicts. "It encourages children to view everything their mother does as negative, and encourages mothers to try to meet unmeetable standards," Caplan says.

For the first fifty years of this century, Mom bore the responsibility for just about everything that went "wrong" with her children, from depression to homosexuality. Sigmund Freud was the source of this "mommy bashing" trend, says John E. Dunne, M.D., a child and adolescent psychiatrist. "He felt the reason he did well was because of his mother. Then the reason kids would do *badly* would be because of their mothers, too."

But, Dunne adds, over the past twenty years, experts have shifted their views. "We've had to wake up to the realization that Dad's had an important and probably equal role, although a different one."

Thanks in large part to the feminist movement, daughters are beginning to take a new look at the women who raised them.

Bonded from birth

Our connection to our mother is unique and profound, and it forms during the very first days of our life. At birth, a baby is still part of its mother and totally dependent on her. In turn, the mother is extraordinarily empathetic to her child's needs; she has an enormous, instinctive capacity to identify with her baby. This process is termed "bonding," and if all goes well, it gives the child his first sense of the world as a secure place. And as the baby gradually begins to perceive himself as separate, it is Mom who provides that first notion of self—with her smile, her touch, her reactions, letting her child know how special and individual he is.

"She's the first *other* we ever know and the first one we can ever love," says Flora Coughlin, M.S.W., A.C.S.W., a clinical social worker in Seattle. "We're never free of that."

Mom's opinion of us *matters*, so when she's angry or disapproving, we suffer guilt and anxiety, feelings we carry with us into adulthood. This influence remains central. Employed or not, women today still spend more time with their children than do men. This makes Mom a matchless developmental force.

But since motherhood doesn't pay very well, society tends to look down on it. "We've always had an ambiguous response to the mommy figure, who is very powerful in terms of our emotional lives but also not worthy of role-model status, because she's not as integrated and committed to the commercial world as Daddy," says Pepper Schwartz, Ph.D., a professor of sociology at the University of Washington, in *(continued on page 90)*

New-business director Linda Steinberg, 35, her mother, Ruth, 62, who works for a CPA, and her grandmother, Berdie Postman, 90. "I've got a wonderful family," says Berdie.

Terri Flam, 32, director of circulation planning, and her mother, Zita, 57, an elementary school secretary. "We respect each other's lifestyle," says Zita. "My mother knew everything *I* did, so I respect Terri's privacy. I don't call her too often!"

Jane Hirsch, 27, special-projects manager, and her mother, Ellen, 62. "She's definitely my best friend," says Jane. "We're alike in almost every way—except our taste in shoes!"

Entertainment editor Jill Rachlin, 31, with her mother, Gretchen, 64. "We are very close," says Gretchen. So close, in fact, that they wore identical gold earrings to our photo shoot.

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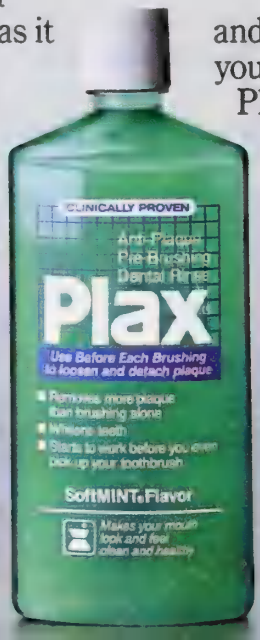

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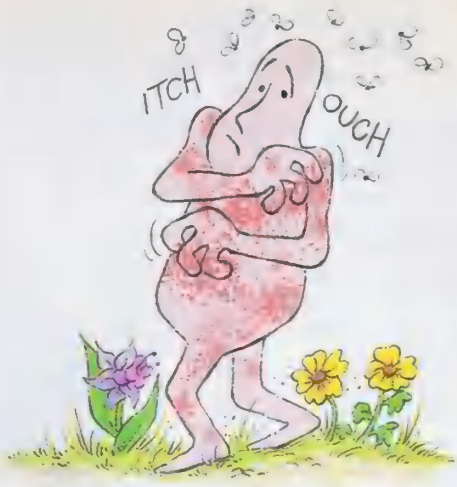

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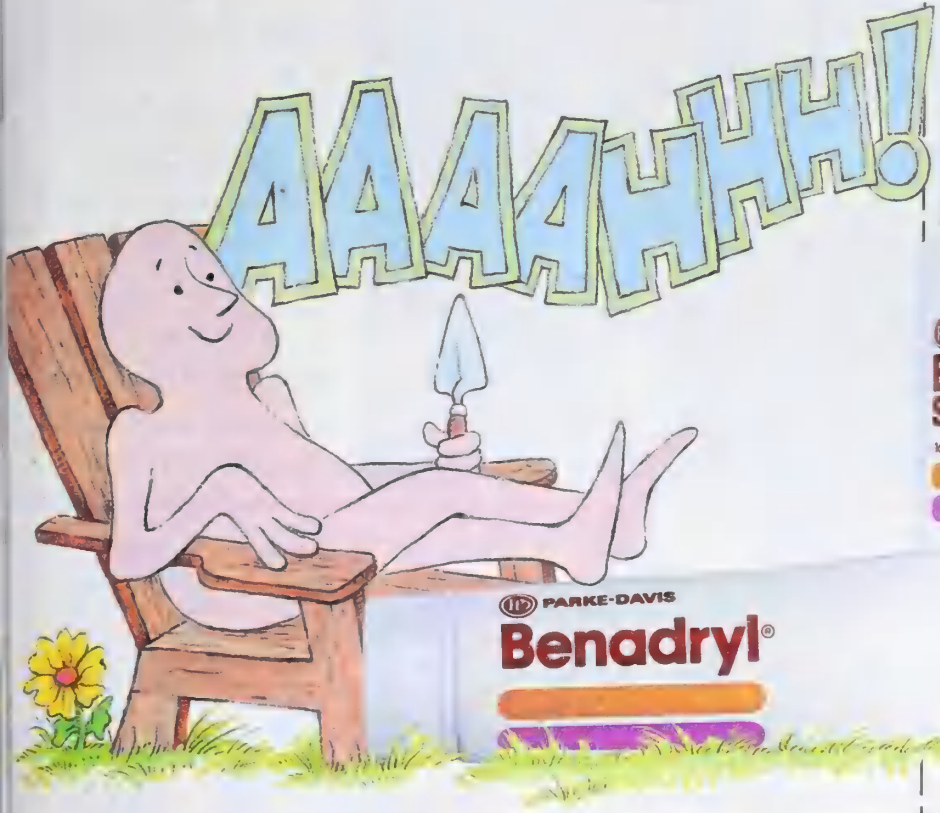

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(continued) separation, mothers as well as daughters may take a few false steps. Subconsciously, Mom may not want to let her daughter go. (Research shows that if she never separated successfully from her own mother, her daughter will have trouble, too.) Or she may see her daughter's attempt to seek an individual identity as a threat—or as rejection, in which case she may withdraw emotionally. Nurturing and controlling may have been appropriate when her daughter was very young, but now she must practice new skills: She must teach her daughter to be self-sufficient, she must learn to listen and she must relinquish some of her control.

For many mothers and daughters, says John Dunne, the biggest conflict erupts when Mom tries to change the daughter who resembles her—in temperament or behavior. "These mothers were not always pleased with what they did. And they're saying, 'I don't want my daughter to be like me.' And that's when the clash comes."

Without realizing it, Mom may be depending on her daughter to "get it right" for her the second time around—to be more popular than she was herself, make better grades, be more successful.

But some mothers do help their daughters separate, with the underlying assurance that they will be there if the daughter doesn't get it right. Perhaps they are the most powerful mothers of all.

"I always wanted her to be herself," says Myrtle, a retired executive now in her seventies, about her daughter Nancy, a criminal-defense attorney in New Mexico. "When Nancy was at the university and part of the student rebellion, I was more likely to worry about her than to want to change her."

Like mother, like daughter?

In many ways, no matter how fiercely we resist the notion, we end up raising our own children the way Mom raised us. We hear Mom's words coming out of our own mouths—phrases we'd swore we'd never utter: "Because I said so." "You're too young to understand." "Don't talk back to me, young lady."

It is difficult *not* to become like Mother to some degree, because of the ways we have been influenced: by role, by genetics, by Mom's projections. Yet the daughter has also been forged by her father, birth order, the media, friends and experiences beyond family. She isn't her mother's clone—although often a daughter needs independence to prove that to herself.

With maturity, and often after being mothers ourselves, our deep connection with Mom draws us back to her with a new perspective. We see her as a woman who did the best she could with what she had, someone who did a much better job than we realized at the time.

"I look in the mirror and see my mother's eyes," says Rena, forty-five. "Years ago, when people said, 'You're like your mother,' I'd resent it. Now I'm resigned to it. I loved her. If my son feels about me like I feel about her, I'll be real pleased."

Happily, research shows that the majority of adult daughters do arrive at a close and supportive relationship with their mothers. But there are, too, those daughters who can't seem to reconcile with Mom.

In order to better the relationship, Paula Caplan believes that daughters must discover what they respect about their mothers. Too often we focus on what she *didn't* give us, instead of what she did, Caplan says.

"I'm very optimistic about the way daughters can relate to mothers," says Jo-Ann Krestan, M.A., a marriage and family therapist in Brunswick, Maine. "Change is something that happens over time. And the point is to change your *own* reactions, not the other person."

Slowly, many of us come to realize that we can love Mom just as she is. "Your mother is in your bones," says a character in Amy Tan's *The Joy Luck Club* (G.P. Putnam's Sons, 1989). She is part of ourselves—and our children as well. ■

Ann J. Nelson is a writer in Seattle.

Assistant production manager Kathy McCabe, 42, with her mother, Edith Connor, 65, a nurse, her daughter Kari Rose, 21, and her 1-year-old grandson, Matthew Rose. "We have always been close, since I was sixteen," says Kari, "but Matthew took us to the level of best friends."

Art assistant Heather Brody, 23, her mother, Senta, 50, a secretary at the University of Arkansas, and her grandmother, Gertrude Wagner, 82. "We all know how to party," says Heather.

Creative director Tamara Schneider, 49, and her daughter, Greta, 17. "The hardest thing for her is when people tell her she looks just like her mother—but it's better than telling her she looks just like her father!" says Tamara.

Susan Parkes, 26, service coordinator, and her mother, Margaret, 49. "My daughters are my worst critics, but it's for the best. Susan will tell me to buy something, and I'll realize later how much I love it."

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SIGNS OF THE '60S

What goes around always comes around. Case in point: the current craze for sixties styles. Go-go colors, groovy designs—what better way to welcome spring? **By Linda Fears**

Sunny days . . . Expo's yellow linen trapeze dress ($130) features sixties details like a big collar and standout buttons. Other sixti accessories that look modern: Donna Karan's mules, plastic daisy earring by Gustavo Roldan, a little straw handbag by La Bagagerie.

Sitting pretty . . . In t sixties, bright angular furniture was chic. Today, the sha (olive, tangerine and yellow), the fabric (velvet) and modern lines are all the rage Couch and chairs from Dialogica, NYC. Details, P.S

Do you fondue? It was *the* way to cook when fondue pots hit the scene in the early sixties. Copco added the fondue pot to its 1989 line, and sales have been soaring. Why? At-home entertaining is in.

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1. How would you describe your skin?

a. Always burns easily, never tans
b. Always burns easily, tans minimally
c. Burns minimally, always tans well
d. Rarely burns, tans profusely
e. Never burns, deeply pigmented

2. What is the natural color of your hair?

a. Blond
b. Red
c. Light brown
d. Dark brown or black

3. Over the course of a year, what is the average amount of time per day that you spend out of doors on the *weekends* (between 9 a.m. and 3 p.m.)? Include running errands, walking, as well as gardening, skiing and other outdoor activities.

a. Less than 10 minutes
b. 10 to 30 minutes
c. 30 minutes to 1 hour
d. 1 to 3 hours
e. More than 3 hours

4. Over the course of a year, what is the average amount of time per day that you spend out of doors on the *weekdays* (between 9 a.m. and 3 p.m.)? Include running errands, walking, as well as other outdoor activities.

a. Less than 10 minutes
b. 10 to 30 minutes
c. 30 minutes to 1 hour
d. 1 to 3 hours
e. More than 3 hours

5. Has anyone in your immediate family ever had any form of skin cancer?

a. Yes
b. No

6. On an average, how much time do you spend driving a car or sitting close to a window during daylight hours?

a. Less than 10 minutes
b. 10 to 30 minutes
c. 30 minutes to 1 hour
d. 1 to 3 hours
e. More than 3 hours

7. What area of the country did you spend the majority of your childhood/teenage years in?

a. Generally warm, sunny areas (e.g., Texas, Florida, South Carolina, Alabama)
b. Areas with warm, sunny weather for 5 or 6 months (e.g., Maryland, Virginia, mid-California)
c. Areas with warm, sunny weather for less than 5 months (e.g., New England, Oregon, Illinois, the Dakotas)

8. How many months out of the year do you wear lightweight or short-sleeved clothing?

a. Less than 2 months
b. 3 to 5 months
c. 6 to 9 months
d. 10 to 12 months

9. How many severe (i.e., blistering) sunburns did you have in your childhood or teenage years?

a. None
b. 2 or less
c. 2 to 5
d. More than 5

10. Did you have outdoor summer jobs for 3 or more years as a teenager?

a. Yes
b. No

11. Did you have pigmentary p (i.e., freckles) at a young age?

a. Yes
b. No

12. Have you ever used a tan bed?

a. Never
b. Less than 5 times
c. 6 to 20 times
d. More than 20 times

13. Have you regularly used sunscreen product on your han and body?

a. No, never
b. Yes, for less than 1 year
c. Yes, for 1 to 5 years
d. Yes, for more than 5 years

14. What is the approximate where you live?

a. Sea level to 5000 feet
b. Greater than 5000 feet ab level

15. What is your age?

a. 18 or under
b. 19 to 35
c. 36 to 50
d. 51 to 70
e. Over 70

ANSWERS

1.	A-20	B-15	C-8	D-4
2.	A-5	B-5	C-2	D-1
3.	A-2	B-4	C-6	D-8
4.	A-2	B-4	C-6	D-8
5.	A-10	B-0		
6.	A-0	B-1	C-2	D-3
7.	A-5	B-3	C-1	
8.	A-0	B-2	C-3	D-5
9.	A-0	B-5	C-12	D-1
10.	A-8	B-0		
11.	A-10	B-0		
12.	A-0	B-1	C-2	D-3
13.	A-5	B-3	C-1	D-0
14.	A-0	B-3		
15.	A-1	B-1	C-1	D-1

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May 1—National Family Fun & Fitness Day
Washington Monument, Washington, DC
Planned activities, created in conjunction with the President's Council on Physical Fitness & Sports, include aerobics and martial-arts demonstrations, health and nutrition talks and celebrity appearances.

June 30—Family Fun in the Great Outdoors
Metropolitan Park District of Tacoma, Washington
A celebration of "Earth Day, Every Day" featuring a six-mile walk at one of the country's most progressive wildlife facilities, complete with a world-class zoo and aquarium, a Mother Goose Never Never Land, and more.

July 20—Family Health, Nutrition and Wellness Day
Schaumberg, Illinois, Park District
An inventive program featuring a fitness walk, a series of games and races, plus health-related activities and seminars designed to involve the whole family.

WHEREVER YOU LIVE, YOU CAN JOIN IN THE FUN

There will be lots to see and do for every member of the family at events like these throughout the country during the summer months. For information about events in your area, contact your local recreation and park department.

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36 Points or Less: Minimal Vulnerability to Premature Aging You are the lucky one! You probably have darker colored skin and/or have a lifestyle that keeps you out of the sun. You most likely did not have a lot of sun exposure at a young age. You are at a lower risk for developing the signs of prematurely aged skin, but should still defend it with U.V. Daily Defense Body Lotion from Vaseline Intensive Care to keep it young looking for a long time!

37 to 75 Points: Average Vulnerability to Premature Aging You most likely have dark or medium-colored skin and hair, or are more fair and have avoided excessive sun exposure. You have some risk factors for premature aging (a lot of days in the sun as a child?), but not too many. You need to protect your skin with U.V. Daily Defense Body Lotion from Vaseline Intensive Care every day to defend against further premature aging.

76 Points or More: High Vulnerability to Premature Aging You probably have fair skin and have been exposed to the harmful effects of the sun at a young age. You also have a combination of other risk factors (a lot of time spent outdoors, living in a southern climate, skin cancer in the family) that make you further susceptible to premature aging. You especially need protection from the harmful effects of U.V. rays; one easy way to defend your skin is to use U.V. Daily Defense Body Lotion for Vaseline Intensive Care as your daily moisturizing routine.

CONCLUSION

In general, the fairer your skin and the more time you spend outdoors, the more you have a need for U.V. Daily Defense Body Lotion from Vaseline Intensive Care. UV light is present all year round and can even penetrate clouds and some lightweight clothing. Certain portions of UV light even penetrate through glass (the reason carpets and furniture fade).

The damage caused by UV light is cumulative; a little exposure every day adds up to a lot of damage. You'll find more tips on how to defend yourself against premature aging on page 148.

HOW TO BUY SMARTER HOME GYM EQUIPMENT

They say you can never be too rich or too thin, but more Ameri are realizing you don't have to be rich to be thin. Home gyms, exercise equipment rivaling that of health clubs, are springin around the country. Here's a guide. **By Jeanne Kenn**

Sales of home gym equipment rose nearly 20 percent in 1989 (the last year for which statistics are available), with Americans spending $1.7 billion on everything from $5 jump ropes to sophisticated computerized bikes that measure time, distance and speed. While women opted to buy machines that offer a good cardiovascular workout—such as stairclimbers, exercise bikes and ski machines—men were more likely to purchase muscle-building equipment such as weights. "That makes women smarter," says Glenn Bischoff, communications manager of the National Sporting Goods Association, in Mount Prospect, Illinois. "If you were going to concentrate on one muscle, what would it be? I would work on the heart."

EXERCISE YOUR OPTIONS

Sophisticated home equipment can help motivate people to stick with their exercise program, says Gary Skrinar, Ph.D., an exercise physiologist at Boston University's Human Bioenergetic Laboratory. "Exercise machines are often computerized and have the gimmicks that let you compare what you did today with yesterday, and a lot of people need that."

When shopping for home gym equipment, you should consider your fitness goals and physical abilities, and then buy the best machine that your budget allows, advises Scott Egbert, of Fitness Warehouse, a Chicago–based chain of exercise equipment stores that helps architects and homeowners design home gyms. "Exercise is work," he says. "You have to try to eliminate all the obstacles—like the boredom."

Here, the best-selling machines:

Stationary bikes are the most popular home gym items. There are three types to choose from; all offer a good workout for the lower body and cardiovascular system.

The standard stationary bike come a number of electronic options, such a tal displays, which record pedaling and calories burned. Look for a mode a comfortable seat and a flywhee weighs at least twenty pounds.

Airbikes use a large fan rather t flywheel to create resistance—so the you pedal, the greater the resisting Some have dual-action handlebar move up and down to work the arm upper body; choose models with hand that aren't directly connected to the p

The *recumbent* is a horizontal mod puts the rider in a comfortable padded legs stretched out in front of her to rea pedals. Like all stationary bikes, r bents offer an excellent cardiova workout, but because of their design also provide a good workout for the of thighs, hips and buttocks.

Exercise bikes range in price fro than $100 to as much as $1,500.

Stairclimbers had the greatest incre sales to women in 1989. They offer impact aerobic workout and tone thighs, buttocks and legs.

Many of these machines have ele ic feedback that tells the length of the workout, steps per minute and total step count. Look for a model that has quiet hydraulics.

Stairclimbers tone th hips and thighs, and are popular with wo

Stairclimbers range in cost from under $200 to $3,500. For the best quality for your money, experts

ommend buying a well-known brand like ecor ($400 for the popular 718e model) or irMaster ($2,195 for the top-of-the-line 00 Personal Trainer).

eadmills strengthen the cardiovascular d respiratory systems and work thighs and ves. The most popular are the elaborate ctronic treadmills equipped with displays t tell you how fast you're going, how far d how much time has elapsed.

Choose a model with an easily adjustable ed control. The machine should adjust to ferent elevations (for example, to simue walking up a hill) to vary your workout. The price of treadmills ranges from $200 to ,000; however, you probably won't find a h-quality electronic model for under $1,000.

i machines, which simulate the motions cross-country skiing, work all the major scles in your upper and lower body and ovide excellent cardiovascular conditioning. Quality ski machines, like those made by rdicTrack, have "skis" that don't stick or catch, and sturdy foot grips. The equipment should feel stable when you step on it, and adjust easily to your height and level of resistance.

tionary bikes, like the cor 8.7 sp, are the top- ing home gym items

Cross-country-ski machines cost approximately $299 to $1,299.

Rowing machines work major muscle groups, including the hs, hips, back, arms and shoulders. y provide a total-body fitness regimen, because the workout is so intense, also exhausting.

f you're already in shape, a rower is a d option, but otherwise you'll probably fatigued too soon. Overall, rowing maes work best as a second or third piece quipment for your home gym to supplent other types of exercise. Look for a del with smooth, quiet action; they cost ut $200 to $700.

ight machines are available in two s: single-station machines, which offer stack of weights and can be used for w different exercises, and multistation els, which come with additional weights let you do a lot more.

efore purchasing, test the equipment to make sure the machine's starting weights aren't too heavy for you—five to ten pounds is ideal for most women.

Weight machines cost from $500 to $5,200; quality models are at least $1,000.

SHOPPING TIPS

- Visit the YWCA or buy a guest membership at a health club to try out equipment before you buy. Talk to people who use the machines every day.
- Stability is all-important. If the machine rocks, wobbles or just doesn't feel sturdy enough, pass it by.
- Avoid machines that require more assembly than just two or three bolts. The more parts you have to put together, the more likely they are to loosen (or not fit right in the first place).
- Make sure replacement parts are available for often-used equipment.
- Check with your doctor before beginning any exercise program. He or she will help you design a personalized regimen. ▶

DECORATOR'S NOTEBOOK

SLEEPING BEAUTIES

Home has always been the ultimate refuge, with families congregating in the kitchen or the family room, but now everyone is retreating to the bedroom. Below,best-for-lounging beds

Country charm: What could be more inviting than a bed of roses? Bedding, "Savannah," by Lady Pepperell; Thomasville's whitewashed oak bed is perfect for piling on the pillows; more serene is Lane's hunter-green four-poster. Details, P.S. 5

Photo: top left, Steven Randazzo

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he drama of the ransfiguration inspires a ɔrtrayal by renowned artist ndrzej Malinowski.

ıe Transfiguration, the moment when Christ first vealed His divine nature to man. An event so powerful it spired immortal artworks by revered old-world masters.

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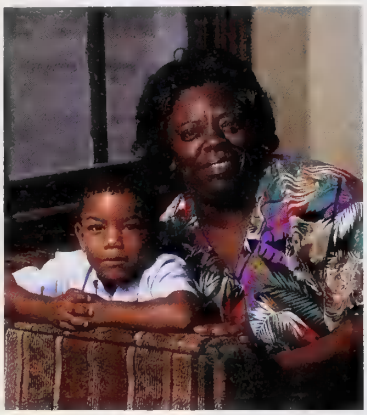
12194-2

UP FRONT

LHJ'S FOLLOW-UP ON CURRENT NEWS, VIEWS AND WHO'S WHOS

WAR AND REMEMBRANCE

MORE THAN ANY OTHER CONFLICT IN DECADES, THE GULF WAR PROFOUNDLY AND DIRECTLY AFFECTED WOMEN. MANY SERVED AND MANY WAITED, PRAYING FOR THE SAFETY OF THOSE THEY LOVED; SOME ALSO MARCHED TO CALL FOR AN END TO THE FIGHTING. AND SOME MADE THE ULTIMATE SACRIFICE, GIVING THEIR LIVES FOR THEIR COUNTRY. THE WAR WAS DECLARED OVER NOT LONG BEFORE THE JOURNAL WENT TO PRESS. BUT FOR THE MILLIONS TOUCHED BY OPERATION DESERT STORM, NOTHING WILL EVER BE QUITE THE SAME. HERE ARE THE STORIES OF SIX WOMEN MARKED BY WAR.



THE GRANDMOTHER

Rosa Lee Washington, fifty-one, of Galveston, Texas, has been caring for her four-year-old grandson, J.J., since September, when her daughter, Vicki, twenty-three, left for Saudi Arabia.

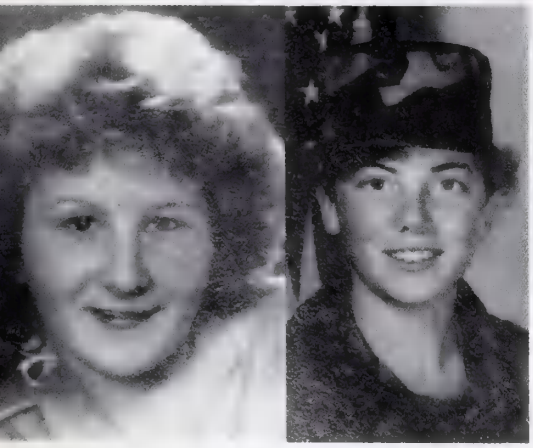
"Vicki joined the Army to get a better education. It never entered my mind she would have to go to war. Her husband, James, is also in the Army. He was on twenty-four-hour duty at Fort Hood, in Killeen, Texas, preparing to go to the Gulf.

"It seems to me that if both parents are sent off to war, they should let the mothers stay home with their children.

"[Once] when Vicki called, J.J. told her he was praying for her. I could hear Vicki's voice catch, as if she were going to cry. But she didn't. Instead she told J.J. she loved him. 'Keep praying for me,' she said.

"Every once in a while I thought, What if Vicki doesn't make it back? Now we're so happy—Vicki *is* coming home."

—BONNIE GANGELHOFF



THE SERVICEWOMEN

Army reservists Christine Mayes, twenty-two (left), of Rochester Mills, Pennsylvania, and Beverly Clark, twenty-three, of Armagh, Pennsylvania, were two of the first women killed in the war, when an Iraqi Scud missile hit their barracks in Saudi Arabia on February 25.

Both cherished dreams: Christine, who was taking college business classes, looked forward to getting married and raising a family; Beverly, a coal miner's daughter, hoped to become a teacher. Then their Reserve Unit was ordered to the Gulf. The day before she left, Christine became engaged; she told her fiancé to hold her ring for safekeeping until she got home.

That day never came. Less than a week after their arrival in the Mideast, Christine and Beverly were among the twenty-eight soldiers killed in the Scud attack.

"This really brought the reality of war home," says the Reverend Greg Spencer of the Armagh United Methodist Church. "Everybody is devastated."

The night before she died, Christine called her family to say she was thinking of them always.

"She died for what she believed in," says her mother, Darlene Mayes. "She was proud to serve her country."

Beverly, voted most athletic in high school, planned to leave the Reserves in May for college. "She believed anything was possible," a family statement said.

Adds Sam Heckel, personnel director at the window factory where Beverly worked, "It's so damn sad."—TOM LOWRY

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THE ENGINEER

Jody Dumont, thirty-six, a mechanical engineering manager at Martin Marietta Corporation's electronics and missiles group, in Orlando, Florida, helped design the Patriot missile. She also worked on the LANTIRN system, which allowed F-15s and F-16s to fly bombing missions at night below Iraqi radar.

"When I first came here to work, I had some qualms. I think everyone who starts here thinks, Am I going to be building missiles that kill someone? But for many years, these missiles have helped keep peace. The fact that we have them allows our Secretary of State to negotiate for arms reduction.

"LANTIRN is used in bombing missions. It may have killed people; very likely it did. But it saved lives by knocking out defenses so that they couldn't kill our men. We're working to maintain the goals of this nation, which I agree with. Unfortunately, we have the realities of war."

—SANDRA SALMANS

THE MILITARY WIFE

Last December 29, Lieutenant Colonel Mike "Bucko" Townsend, forty, an Air Force pilot, was deployed to Saudi Arabia from McEntire Air National Guard Base, near Columbia, South Carolina, leaving behind his wife, Cathy, forty-two (second from left), their children, Stephanie, seventeen, and Jason, fourteen, and his mother, Helon.

"We were very focused as a family in dealing with [the war]. Mike had a job to do. I had to trust him and know that everything was okay.

"Mike has been willing to sacrifice for our nation. Joining the military was something he wanted to do, and I knew that from the beginning. I never got used to him being gone, but I have learned to cope with it.

"We all had days when we felt really bad, but we helped each other through.

"Now I want us to get back into a normal style of living. This war has taught us to put things in perspective, not to take life for granted, to be glad to be together. We will definitely thank God for bringing Mike back to us."—ANNE MONCREIFF ARRARTE

THE PROTESTER

While Diane Mills, fifty-four, of Fairfax, California, marched against the war, her only child, Mike, thirty-two, an Air Force Reserve pilot, was flying transport missions in the Gulf.

"It was the knowledge that my son could be killed that galvanized me to action. I kept waking up at night, thinking, What can I do? How can I save my child?

"Protesting and demonstrating was something I felt I absolutely had to do. It's given me a real sense of purpose, a feeling of doing something truly worthwhile.

"I've learned that you have to stand up to work for peace. The only way to change the world is to teach the young that their voices count and that you can make a difference. This is the worthiest cause I can think of.

"Now I have an urgency to have a long discussion with Mike on his values—about life, death and war. I want to teach him everything I've learned. And I hope someday he will teach his own children about working for peace."

—MADELEINE WILD ▶

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PRINCETON GALLERY

Plate shown smaller than actual size of 8¼" in diameter.

ne Rainbow Valley of the Unicorn

by Ruth Sanderson

s the misty border into a land of ic...where the unicorn awaits. re meadows, sweet with flowers, kon. And dreams become reality.

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closely at the plate. The unicorn gal in purest white. The water falls crystal clear. The sunset is always perfect. And each tiny flower is a miracle token of love.

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FOLLOWING IN HER FATHER'S FOOTSTEPS

During the past three years, Caroline Kennedy, mother of two, climbed a mountain to get to a sacred Indian tribal ground, and she visited convicts on death row. What was this very private daughter of John F. Kennedy and Jackie Kennedy Onassis doing in such out-of-the-way places? Not seeking adventure, but looking for ordinary Americans whose lives have been changed by the Bill of Rights (the first ten amendments to the Constitution).

That's the subject of Caroline's first book, *In Our Defense: The Bill of Rights in Action* (Morrow, $22.95), which the thirty-three-year-old Columbia Law School graduate co-authored with friend and former classmate Ellen Alderman. She's continuing her parents' literary tradition: JFK penned the Pulitzer-prize winning *Profiles in Courage* when he was in his late thirties. Her mother, of course, is a book editor.

In Our Defense was published earlier this year to coincide with the bicentennial of the Bill of Rights. While working on the book, Caroline put off practicing law to devote time to her two young daughters, Rose, two and a half, and Tatiana, one, and her husband, artist/designer Edwin Schlossberg. LHJ caught up with her recently in New York.

Q. Why did you write *In Our Defense*?

A. We realized that before we went to law school, we hadn't really known what the Bill of Rights was. Then we found a newspaper poll showing that 59 percent of Americans didn't know much about it either. We thought that was a striking statistic.

Q. You documented the case of two brothers on death row who were convicted of felony murder for watching while their father killed four people. What was it like to visit death row?

A. It is a scary thing to go there. These people really are confronted with their life and death all day long in a way that none of the rest of us ever are. It really makes you appreciate your own life.

Q. You also reported a case in which two thirteen-year-old girls were molested. The man accused of the crime went free due to a violation of his right to confront witnesses face-to-face in court [the girls testified behind a screen]. As a parent, how did you feel about that?

A. It was really difficult. These girls were just camping out in their backyard [when the incident occurred]. We felt it was important to show how they got caught up in the [legal] process and how they don't think it worked for them.

Q. Was it ever hard to stay objective?

A. We wanted to pick cases that evoked a strong reaction. More than that, we wanted to show both sides. We feel it is important for people to know about these rights and exercise them for their own benefit.

Q. What does this book mean for your career?

A. I will probably look for some [other] projects to work on part-time.

Q. The name Kennedy signifies public service. Do you see this book as a work of public service?

A. I certainly grew up caring about public issues. If the book helps people learn more about our country, that's great. But I think we did it because it was something that interested us, and we hope that people will enjoy it.—ALAN MIRABELLA

look who's talking

AT TWENTY-EIGHT, JODIE FOSTER IS GETTING RAVES FOR HER PERFORMANCE IN THE SMASH CHILLER *THE SILENCE OF THE LAMBS*, AND SHE'S JUST DIRECTED HER FIRST FILM, *LITTLE MAN TATE*. SHE MADE TIME, THOUGH, TO TALK TO LHJ ABOUT:

HER CHILD-STAR CHILDHOOD

"I didn't grow up normally, but I grew up healthfully. One reason I got through being a child actor is that I chose idiosyncratic roles. I was never stuck in a predictable juvenile category I had to grow out of."

PARENTHOOD

"I'd love to have children. I don't know if I'd be a good parent. I do know I'd give *pure* and honest love. Love and respect is the most important aspect of parenting, I believe, and of all relationships."

VIOLENCE IN MOVIES

"The way to deal with abuse in our society is to be *honest* about it, not pussyfoot around. If you do not address it, how are you going to solve it?" —NANCY STESIN

yson Foods, Inc

MARGE A LA MODE

WHEN TV'S MOST PUT-UPON MOM BEGAN TO FEEL ALMOST AS BLUE AS HER HAIR, SHE ASKED LHJ FOR A MOTHER'S DAY MORALE BOOST. SO BEAUTY AND FASHION DIRECTOR LOIS JOY JOHNSON GAVE THIS FOX-Y LADY THREE NEW LOOKS. THE RESULTS? AY CARAMBA! BY MARIANNE WAIT

MARGE TAKES MANHATTAN

From her close crop to her power pumps, Marge is the image of big-city chic dressed in Donna Karan. (And who knew she had such great legs?) Even son Brat—er, Bart—will know who's boss when he sees those shoulders, but Marge can still keep an eye on him through her Ray-Bans.

"GUESS" WHO'S GONE BLOND

Sexy jeans model Claudia Schiffer inspired this make-over, complete with blond pouf. Marge is wide-eyed over her double-decker lashes and extravagant earrings. Svelte and sandaled, she'll bowl Homer over.

HOT COCO

In this Chanel suit, Marge could outclass even her Thursday-night rival, the elegant Claire Huxtable. She's bagged a new purse (quilted) and a pair of sleek slingbacks. And, taking a cue from Barbara Bush, she's ditched her beads for a multiple strand of pearls.

Don't have a cow, Marge, but maybe it's time to update that basic Simpson style. "For such a colorful woman, Marge is too fashion shy," says Lois. "She needs to branch out and try a variety of looks."

THE LHJ '90s NETWORK

WHAT WOULD YOU WANT TO CHANGE?

We've shown that with a little help, even Marge Simpson can be glamorous. What would you most like to do to update your look?

a) Try new makeup and a different hairstyle
b) Color my hair (for instance, go from brunet to blond)
c) Buy a new wardrobe
d) Go on a diet
e) Undergo cosmetic surgery
f) I wouldn't change a thing—I like myself just the way I am

To vote, call 900-370-5626 from April 16 to May 15. The first minute costs seventy-five cents; each minute thereafter costs fifty cents. You must use a touch-tone phone.

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For the bath, there's a matching shower curtain with valance, embellished towels in coordinated solids, and a full line of beautiful bath accessories.

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The quality you need, the price you want.

MEDINEWS

Colon-cancer prevention ■ Outgrowing high cholesterol ■ Estrogen-replacement therapy gets a boost ■ Another strike against smoking—and more. **By Joan Lippert and Sally Squires**

A CHICKEN A DAY?

Women who eat skinless chicken regularly may reduce their risk of colon cancer, according to a study at the Harvard Medical School. In an analysis of the dietary habits of nearly 89,000 women—the same ongoing study that showed red-meat consumption could *raise* the risk of colon cancer—researchers found that those who ate skinless chicken at least twice a week were only half as likely to develop the disease as those who ate it once a month or less. Regular fish consumption also lowered the risk, but the reduction was not statistically significant. One explanation may be that chicken has less saturated fat than red meat, says study director Walter C. Willett, M.D., professor of epidemiology and nutrition. (Saturated fat may contribute to the formation of cancer-causing compounds in the colon.) But Willett also suggests there may be a specific substance in chicken that protects against colon cancer. Although further studies must be done, he recommends eating lots of fruit, vegetables and fish, and substituting skinless chicken for red meat often.

KIDS AND CHOLESTEROL

Don't panic if your doctor says your child's cholesterol level is high. Although no child should binge on fatty foods, many kids who have high cholesterol eventually outgrow it, say researchers at the University of Iowa, in Iowa City. They checked the cholesterol levels of 2,367 children ages eight to eighteen at least twice, then checked them again between ages twenty and thirty. Fully 75 percent of the women and 56 percent of the men whose childhood scores were worrisome did not require a doctor-prescribed cholesterol-lowering program. Why did their levels drop? Researcher Ronald M. Lauer, M.D., director of the division of pediatric cardiology, says that as the kids got older they may have eaten less saturated fat, exercised more or lost weight. The bottom line: Unless a child suffers from familial hyperlipidemia—a hereditary condition in which cholesterol is extremely elevated, requiring a special diet or drugs—the best medicine may be a healthy lifestyle.

GOOD NEWS ABOUT ESTROGEN

Researchers at the University of Southern California (USC), who monitored 8,881 postmenopausal women, found that women who at some time had undergone estrogen replacement therapy (ERT) lived an average of one and a half years longer than those who never did. Moreover, those who underwent long-term therapy—at least fifteen years—lived up to three years longer than women who never had it.

The study seems to add another mark to the plus column in the debate over the risks versus the benefits of ERT. For years, doctors have believed that the treatment helps protect against heart disease and osteoporosis, but they were concerned about a possible link to an increased incidence of breast cancer.

Recent studies dispute this association, however, and in the USC study, women who underwent ERT and had *any* type of cancer were no more likely to die of the disease than those who did not use ERT. Though the results of this study are reassuring, experts caution that ERT is still not appropriate for everyone, and that a woman must discuss it carefully with her doctor.

MORE SMOKING DANGERS

There's yet another reason not to light up. Researchers at Loma Linda University, in Loma Linda, California, and the M.D. Anderson Cancer Center, in Houston, have discovered that along with an increased risk of lung cancer and other serious diseases, smokers face a higher-than-average chance of developing multiple myeloma, cancer of the plasma cells found in bone marrow. According to a continuing study of thirty-four thousand Seventh-day Adventists—some are lifelong adherents to the church's no-smoking position, others are converts who smoked before becoming members of the church—former smokers have, on average, three times the risk of developing multiple myeloma as those who never smoked.

For more Medinews, turn the page. ▶

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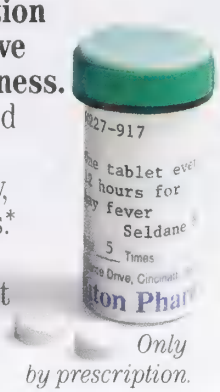

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ion of "risk of drowsiness" is incidence greater than placebo (a sugar pill).
ported incidence of drowsiness with Seldane (5.8%) in clinical studies involving more than 11,000 patients did not differ significantly from that reported in patients receiving placebo (6.9%).
upon worldwide prescription and distribution information (1986-1990)—data on file, Marion Merrell Dow Inc.
RIEF SUMMARY OF PRESCRIBING INFORMATION ON NEXT PAGE.

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Seldane®
(terfenadine) 60 mg Tablets

BRIEF SUMMARY
CAUTION: Federal law prohibits dispensing without prescription.

DESCRIPTION
Seldane (terfenadine) is available as tablets for oral administration. Each tablet contains 60 mg terfenadine. Tablets also contain, as inactive ingredients, corn starch, gelatin, lactose, magnesium stearate, and sodium bicarbonate.

INDICATIONS AND USAGE
Seldane is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, and lacrimation.

CONTRAINDICATIONS
Seldane is contraindicated in patients with a known hypersensitivity to terfenadine or any of its ingredients.

PRECAUTIONS
General: Terfenadine undergoes extensive metabolism in the liver. Patients with impaired hepatic function (alcoholic cirrhosis, hepatitis), or on ketoconazole or troleandomycin therapy or having conditions leading to QT prolongation (e.g. hypokalemia, congenital QT syndrome) may experience QT prolongation and/or ventricular tachycardia at the recommended dose. The effect of terfenadine in patients who are receiving agents which alter the QT interval is not known. These events have also occurred in patients on macrolide antibiotics, including erythromycin, but causality is unclear. The events may be related to altered metabolism of the drug, to electrolyte imbalance, or both.

Information for patients: Patients taking Seldane should receive the following information and instructions. Antihistamines are prescribed to reduce allergic symptoms. Patients should be questioned about pregnancy or lactation before starting Seldane therapy, since the drug should be used in pregnancy or lactation only if the potential benefit justifies the potential risk to fetus or baby. Patients should be instructed to take Seldane only as needed and not to exceed the prescribed dose. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat or direct sunlight, and away from children.

Drug Interactions: Preliminary evidence exists that concurrent ketoconazole or macrolide administration significantly alters the metabolism of terfenadine. Concurrent use of Seldane with ketoconazole or troleandomycin is not recommended. Concurrent use of other macrolides should be approached with caution.

Carcinogenesis, mutagenesis, impairment of fertility: Oral doses of terfenadine, corresponding to 63 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis.

Reproduction and fertility studies in rats showed no effects on male or female fertility at oral doses of up to 21 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased postimplantation losses were observed, which were judged to be secondary to maternal toxicity.

Pregnancy Category C: There was no evidence of animal teratogenicity. Reproduction studies have been performed in rats at doses 63 times and 125 times the human daily dose and have revealed decreased pup weight gain and survival when terfenadine was administered throughout pregnancy and lactation. There are no adequate and well-controlled studies in pregnant women. Seldane should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nonteratogenic effects: Seldane is not recommended for nursing women. The drug has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation. Effects on pups exposed to Seldane only during lactation are not known, and there are no adequate and well-controlled studies in women during lactation.

Pediatric use: Safety and effectiveness of Seldane in children below the age of 12 years have not been established.

ADVERSE REACTIONS
Experience from clinical studies, including both controlled and uncontrolled studies involving more than 2,400 patients who received Seldane, provides information on adverse experience incidence for periods of a few days up to six months. The usual dose in these studies was 60 mg twice daily, but in a small number of patients, the dose was as low as 20 mg twice a day, or as high as 600 mg daily.

In controlled clinical studies using the recommended dose of 60 mg b.i.d., the incidence of reported adverse effects in patients receiving Seldane was similar to that reported in patients receiving placebo (See Table below).

ADVERSE EVENTS REPORTED IN CLINICAL TRIALS

Adverse Event	Percent of Patients Reporting				
	Controlled Studies*			All Clinical Studies**	
	Seldane N=781	Placebo N=665	Control N=626***	Seldane N=2462	Placebo N=1478
Central Nervous System					
Drowsiness	9.0	8.1	18.1	8.5	8.2
Headache	6.3	7.4	3.8	15.8	11.2
Fatigue	2.9	0.9	5.8	4.5	3.0
Dizziness	1.4	1.1	1.0	1.5	1.2
Nervousness	0.9	0.2	0.6	1.7	1.0
Weakness	0.9	0.6	0.2	0.6	0.5
Appetite Increase	0.6	0.0	0.0	0.5	0.0
Gastrointestinal System					
Gastrointestinal Distress (Abdominal distress, Nausea, Vomiting, Change in Bowel habits)	4.6	3.0	2.7	7.6	5.4
Eye, Ear, Nose, and Throat					
Dry Mouth/Nose/Throat	2.3	1.8	3.5	4.8	3.1
Cough	0.9	0.2	0.5	2.5	1.7
Sore Throat	0.5	0.3	0.5	3.2	1.6
Epistaxis	0.0	0.8	0.2	0.7	0.4
Skin					
Eruption (including rash and urticaria) or itching	1.0	1.7	1.4	1.6	2.0

*Duration of treatment in CONTROLLED STUDIES was usually 7-14 DAYS
**Duration of treatment in ALL CLINICAL STUDIES was up to 6 months
***CONTROL DRUGS: Chlorpheniramine (291 patients), d-Chlorpheniramine (189 patients), Clemastine (149 patients).

Rare reports of severe cardiovascular adverse effects have been received which include arrhythmias (ventricular tachyarrhythmia, torsades de pointes, ventricular fibrillation), hypotension, palpitations, and syncope. In controlled clinical trials in otherwise normal patients with rhinitis at doses of 60 mg b.i.d. small increases in QTc interval were observed. Changes of this magnitude in a normal population are of doubtful clinical significance. However in another study (N=20 patients) at 300 mg b.i.d. a mean increase in QTc of 10% (range -4% to +30%) (mean increase of 46 msec) was observed without clinical signs or symptoms.

In addition to the more frequent side effects reported in clinical trials (See Table), adverse effects have been reported at a lower incidence in clinical trials and/or spontaneously during marketing of Seldane that warrant listing as possibly associated with drug administration. These include: alopecia (hair loss or thinning), anaphylaxis, angioedema, bronchospasm, confusion, depression, galactorrhea, insomnia, menstrual disorders (including dysmenorrhea), musculoskeletal symptoms, nightmares, paresthesia, photosensitivity, seizures, sinus tachycardia, sweating, tremor, urinary frequency, and visual disturbance.

In clinical trials, several instances of mild or transient asymptomatic moderate transaminase elevations were seen in patients receiving Seldane. Mild elevations were also seen in placebo treated patients. Marketing experience include isolated reports of jaundice, cholestatic hepatitis, and hepatitis. In most cases available information is incomplete.

OVERDOSAGE
Information concerning possible overdosage and its treatment appears in Full Prescribing Information.

DOSAGE AND ADMINISTRATION
One tablet (60 mg) twice daily for adults and children 12 years and older.

Product Information as of July 1990
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Prescription Products Division
Kansas City, MO 64114

SELAI: 301/A1895
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MEDNEWS

A LESS STRESSFUL ALTERNATIVE

For the thousands of Americans who can't take a stress test for heart disease, there's another option: drugs that simulate the effect of exercise. Until recently, such patients—including those who are too obese or too frail to take the test—had to undergo invasive procedures that sometimes require hospitalization or anesthesia. But doctors are finding that they can use drugs to achieve the same goals. A new drug, dipyridamole—which dilates blood vessels in the same way as exercise—was recently approved by the Food and Drug Administration. Adenosine, a drug approved in 1989 for treating arrhythmia (abnormal heartbeat), has also proven useful as a stress-test substitute. After receiving one of these drugs, patients are given an intravenous dose of thallium, an imaging agent that accumulates in heart tissue. If X-rays reveal that thallium is absent in a particular area of the heart, that part is not getting enough blood, and the patient is at special risk for a heart attack. Both drugs are now available nationwide.

THE HIDDEN EPIDEMIC

Researchers at the National Institutes of Health and elsewhere say at least 10 percent of women over age forty have a thyroid disorder. But it may be overlooked because symptoms are so ordinary: fatigue, forgetfulness and weight gain or, less often, irritability and weight loss. It's important to be aware of the risk, however, because thyroid problems can cause ailments ranging from depression to heart disorders. Bruce Weintraub, M.D., of the National Institute of Diabetes and Digestive and Kidney Diseases, in Bethesda, says women over forty—or anyone with a family history of thyroid problems—should have the levels of thyroid and thyroid-stimulating hormones in their blood measured. Those with an underactive gland will need supplements; those whose gland is overactive may need drugs or other treatment to lower hormone production.

TOWARD HEALTHIER PREGNANCIES

A startling rise in ectopic pregnancies—almost 400 percent between 1970 and 1987, according to federal statistics—may be linked to a rise in chlamydia, a sexually transmitted cervical infection. Women who have had a chlamydia infection may more than double their risk of ectopic pregnancy (in which the embryo is implanted outside the uterus), says Joan Chow, Dr.P.H., a researcher at San Francisco General Hospital. Chlamydia infections may also increase the risk of infertility and other pregnancy problems such as premature contractions and delivery. Some dangers can be reduced, however. A study at Case Western Reserve University, in Cleveland, showed that pregnant chlamydia patients who were successfully treated with the antibiotic erythromycin were no more likely than uninfected women to suffer premature contractions; in regard to premature delivery, they actually had a somewhat better record than women who'd never had chlamydia. Doctors hope screening and antibiotics will also help prevent infertility and ectopic pregnancy.

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WHAT'S HOT

Only four feet four, the star of "Home Alone" is head and shoulders above almost everyone at the box office these days. LHJ talked with this pint-size powerhouse about his next film, his family—and his favorite toys.

MACAULAY CULKIN: LITTLE BIG MAN

By Eric Sherman

After a long day, it's dinnertime on the set of the upcoming film *My Girl*, and everyone in the cast and crew is wearily contemplating platefuls of sesame chicken.

Well, not *quite* everyone. Ten-year-old Macaulay Culkin drops his plastic fork and looks around devilishly. A glint in his big blue eyes, he hops down from his chair and scampers to the other end of the table. Then, before anyone can stop him, he swoops down, grabs an unattended walkie-talkie and announces into it that everyone will be treated to free caviar and champagne—compliments of the assistant director.

AAAAAAAAAH!!!! Run for cover. It's another Mack Attack!

It's hard to believe that this small-but-wily wonder is currently one of the hottest actors in Hollywood—but he is, no doubt about it. It was, after all, Macaulay's adorable face and impish air—think angel with a water pistol—that helped boost *Home Alone* last fall from a low-budget kidcom into one of the ten top-grossing films in Hollywood history. Adults love him. Kids idolize him. Producers woo him with big bucks; for *My Girl*, a bittersweet comedy, also starring Dan Aykroyd and Jamie Lee Curtis, about a lonely girl who is being raised by her widowed father, he's reportedly pulling in $1 million.

Eat your heart out, Kevin Costner. America's newest male matinée idol is at least four years shy of his first shave and still not allowed to utter even the mildest curse.

The pint-size superstar has been so much in demand at black-tie functions lately (he was asked to be a presenter at the recent Academy Awards) that he must have his own tuxedo complete with a cummerbund. "*Boy*, that suffocates me," complains Mack, who prefers the look he's wearing—baggy jeans, a Chicago Bears T-shirt, high-top sneakers and a red-and-maroon jacket, his blond hair tousled, dirt beneath his fingernails.

Considering the incredible notoriety heaped on the ten-year-old, you'd expect him to have an attitude twice his size. On the contrary: He is sweet, unassuming and almost oblivious to all the excitement. At an age when most boys are preoccupied with Nintendo, professional wrestling, heavy-metal music and skateboarding, Mack is interested in . . . well, Nintendo, professional wrestling, heavy-metal music and skateboarding. In fact, if he becomes any more nonchalant about his fame, he may not register a pulse.

So, Mack, what's it like being a big star?

"It's okay."

Do you like riding around in limos and going to awards ceremonies?

"It's okay."

Is it fun giving autographs?

"It's okay."

Would you like to be slapped if you don't give another answer? Just kidding.

In all seriousness, Mack insists his life hasn't changed much since he's won fame. Sure, he was invited to the Oscars and did a promotional tour throughout Europe for *Home Alone*, but he says his friends back in New York do not treat him any differently. When he's not shooting a movie on location, Mack still attends the fifth grade at St. Joseph's School of Yorkville on the Upper East Side in New York City. "They already knew about *Home Alone* before it came out," he says with a shrug.

His success has wrought some changes on the home front, however. He and his six brothers and sisters now live with their parents in a five-bedroom apartment; Mack used to share a bedroom with his *(continued)*

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WHAT'S HOT

(continued) siblings—brothers Shane, fourteen, Kieran, eight, Christian, four, and Rory, one, and sisters Dakota, twelve, and Quinn, six.

What was it like? "There's only one way to describe it," Mack deadpans. "*A nightmare*!" And how does he manage to survive in such a crazy household, especially with an older brother he claims is "strong enough to lift a couple of elephants"? Well, he says, "One of the first things I learned to do is yell, MOM!"

As for the benefits of his newfound fortune, Mack says he has no idea how much he earns, and he must still make his bed and clean his room to get spending money from his parents. "I sometimes scrunch the junk *under* my bed, and no one knows," he confides. They do now.

If Mack is irrepressibly gregarious, his parents seem remarkably shy by contrast. Pat, a former homemaker, and Christopher (Kit) Culkin, a former actor and the brother of actress Bonnie Bedelia (*Presumed Innocent*), now both work full-time managing their children's careers. They prefer not to sit in when their son meets with reporters, and they politely decline to give interviews themselves. They are raising a true show-business family, however. Son Shane acts on Broadway (recently in the 1988 revival of *Our Town*), and Kieran appeared with Mack in *Uncle Buck* and *Home Alone* (he played the bed-wetting cousin).

Mack himself began his acting career at the tender age of four, when he appeared in his first play at a local nonprofit performing-arts center. A string of other stage appearances led to his first film part, playing one of Burt Lancaster's grandchildren in the 1988 drama *Rocket Gibraltar*. Since then, he has made seven films in the last three years—*See You in the Morning, Born on the Fourth of July* (his part was cut), a small role as Tim Robbins' deceased son in *Jacob's Ladder*, and of course, *Uncle Buck* (he played John Candy's nephew), *Home Alone*, *My Girl* and the upcoming *Only the Lonely*.

In fact, Mack is well on his way to becoming this generation's Shirley Temple. Wherev goes, he is mobbed by both children and ac While he was shooting on location for *My* several boys on bicycles rode up to Mack, a him to sign their denim jackets. Like a professional, Culkin obliged, signing his name in neat script but only writing the " and then a long flowing line for his last looks cool and it saves time," he explains.

Mack likes to keep not only his fans but h workers happy. Every day he tries to entertai *My Girl* crew with antics, jokes and impe ations. Each time the scene marker comes ping down in front of him to announce a new he yells "Ow!" and grabs his nose. Mac has also conned most of the crew at poker, b with fake dollars but taking the real thing wh wins. "I won fifty bucks while making *H Alone*, he announces proudly.

Being on the set of *My Girl* has its monetary advantages. Besides the cash he r as a poker shark, there's also the Money Jar. time Jamie Lee, Dan or the director curses set, he or she must make a donation, Mack and co-star Anna Chlumsky, the ten old newcomer who plays the girl of the m title, will split at the end of filming. "Ever you say the 'S-word' you pay five bucks," explains. "The 'F-word' is ten." In the firs weeks of shooting, they made $220. " getting most of the swear money from

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' he says. "So far, $135 is from her."

mie Lee isn't the only one who loses her cool e set—sometimes the pressure gets too much lack, too. "It was hard on him, especially at eginning," says his tutor, Leah Girolami, spends fifteen hours a week with him. day, he almost started to cry. I sat him down old him: I know there's a lot of pressure on and a lot of pressure in this business.

Before I met him, I had thought, being so us so young, he'd be full of himself," says, and then adds, "he's anything He's very special."

Girl director Howard Zieff (*Private Benst, The Dream Team*) concurs. "He listens than any other actor I've ever worked with. earned not to talk down to him, because if o, you risk the wrath of his sarcasm."

ff might not have been so complimentary if d known what Macaulay would be up to a ays later. It is early Saturday morning, and is sitting in the director's office with a er and the film's publicist. Suddenly, he up from the couch and runs to the direcdesk to swivel around in circles in Zieff's He then stops long enough to pick up every on the desk, examine it, and put it back . . . where it doesn't belong. Bored again, begins to peek inside each desk drawer e finally finds a pad of paper to draw on. ing for a magic marker, he knocks over a canister stuffed with pens. "Oooops," he says, as pens roll all over the desk and floor. "I'll get them later," he adds in his best little boy tone. Mack is so used to feigning innocence to squirm out of trouble, he jokes that if he ever wins an Academy Award, his acceptance speech will be: "Thank you very much." Pause. "*I didn't do it!*"

Finally, Mack's drawing (a map of Iraq under missile attack) is finished. Signing it with his patented cool signature, he gives it to the reporter.

"Are we done?" Mack asks, jumping down from the chair. "Good. Let's see, what should I do now? Ruin the city? Hmmm . . . Maybe I'll put marshmallows in the copy machine . . ."

Watch out! Run for cover! It's another Mack Attack! AAAAAAHH! ■

Eric Sherman is a contributing editor to Ladies' Home Journal.

The wily waif of *Home Alone* (left) is rarely without company offscreen, whether taking a break with his ten-year-old *My Girl* co-star Anna Chlumsky (top) or hanging out with his real parents Pat and Christopher (above)

PERSONAL JOURNAL

Important insights into the way we feel. This month: Savvy think-positive strategies from a top expert ■ The romance of roses ■ A fetching flower offer

HOW TO FEEL GOOD WHEN TIMES ARE BAD

Looking on the bright side is good for you: Recent studies show that optimists have stronger immune systems and live longer than pessimists.

But how do we maintain that can-do attitude when times are tough? We asked the expert, psychologist Martin Seligman, author of the best-selling new book *Learned Optimism* (Knopf, 1991). Here, he tells *Journal* readers how to come smiling through adversity.

Why are some people better able to cope with difficult times?

It's not the times; it's the habits we have of looking at them that matter. Modern life is about crisis. But some of us make crisis much worse, while others are able to cope with it. Any problem will be even more troublesome if you habitually make the most catastrophic interpretations of it. You'll also run the risk of depression, and your health is apt to suffer.

Can even the greatest pessimist use your strategy of learned optimism?

Yes, with a skill called disputing. It's something we use every day with other people but seldom with ourselves. For instance, if a jealous rival, someone you know doesn't have your best interests at heart, says to you, "You're a terrible worker" or "You're a bad mother," you'd disagree. You'd drag out all the reasons that your rival is wrong. But when we say the same negative things to ourselves—which the pessimist does ten times a day—we don't dispute it. Learned optimism teaches you to take that skill for disputing others and use it on yourself.

The recession is on everyone's mind these days. Are there any techniques that will help us keep a positive outlook?

The disputation strategies are especially suited to bad times. Try to find the least sweeping, most specific explanations for the predicament you're going through.

Say you've lost your job because of the recession. If you tell yourself, "I have no talent, I'm a failure," that's a very pessimistic explanation. If, on the other hand, you say, "I lost my job because we're in a recession. But the recession won't last forever, and I'll find another job," that's optimistic. In bad times, the pessimist makes the most catastrophic explanation; the optimist disputes it.

What's the best way to handle the little things that go wrong?

Again, you can change the explanations you make to yourself. For instance, if you're on a diet and you slip up, you might say to yourself, "I am so weak. I've really blown my diet," and go on to eat that chocolate cake in the refrigerator. You've assumed the worst. But you can also dispute your assumption: "I didn't make a total glutton of myself. Look at how strong I've been in sticking to this diet for the past two weeks. I should let myself off the hook for this minor mistake." That's optimistic.

Does pessimism often lead to depression?

The data are pretty well in: Just as smoking is a risk factor for lung cancer, pessimism is a risk factor for depression. If you believe that the cause of some personal misfortune or failure is going to undermine everything you do, then you're bound to feel helpless and hopeless against it. And depression is a disorder of hopelessness and helplessness.

Is depression widespread now?

Depression is about ten times more common today than it was in our grandparents' time. No one knows why, but my guess is that it's partly because of the breakdown in our commitment to the common good, to the family and to belief in God. There are two tactics for dealing with this epidemic of depression. The first is learned optimism, which means changing the way we interpret our problems, successes and failures. The other has to do with recommitting ourselves to our community—help out in a soup kitchen or raise money for your alma mater. —SARAH MCCRAW

Why the rice served to the U.S. Olympic Team should be served to your family, too.

Americans are paying more attention to what their bodies are telling them today. And they've learned their bodies respond to exercise. Their bodies respond to the right foods. And that balanced eating not only makes them look good, it makes them feel good.

The National Research Council on Diet and Health advocates lean and healthy meals of 15% protein, 30% fat and 55% carbohydrates. Unfortunately, that's not the way most of us are eating. A little less fat, a lot more carbohydrates in your family's diet can make a healthy difference in your life. It's really simple.

What you can learn from dieticians, athletes, coaches.

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As with exercise, consistency in healthy eating helps. Make UNCLE BEN'S® Rice a more important part of your family's diet now, and you'll actually eat leaner, eat healthier —and eat smarter—without sacrificing great taste. Your body will notice the difference, too. You'll look better. Feel better.

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MAKE A BED OF ROSES

It was an endless summer. I'd grown impatient with impatiens and malcontent with marigolds. Worse yet, my neighbor was always bragging about his rose bed. He'd become, well, a thorn in my side, so I decided that maybe this bud was for me, too.

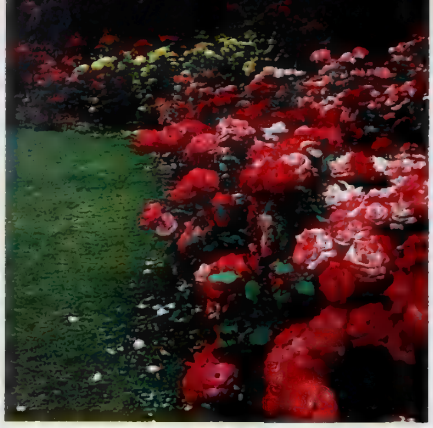
Come the following spring, I planted six Peace hybrid tea rose bushes (a yellow flower with pink highlights) by the split-rail fence between our yards.

The blooms came—and went. The foliage began to blacken, and in a little over a month, nothing was coming up roses. My supplier chided me: Roses require six hours of full sun daily, and my own—huddled near a stand of pine trees—were barely getting three. As a result, they were suffering from a fungus called black spot.

Early the next spring, I moved the survivors to a sunnier plot in my front yard. Two years later, they're blooming like crazy—and driving my boastful neighbor quietly nuts.

A beauty . . . and a beast

Roses have been delighting—and confounding—American gardeners for decades. In recent years, our national flower has climbed in popularity, thanks to hardier varieties and mass merchandising through catalogs and garden centers. Last year, says the Texas–based Cooperative Rose Growers Association, thirty million rose bushes were sold nationwide.



But however much they love roses, many gardeners also fear them. While roses are rarely carefree, you can make raising them easier by choosing the right one for your garden. Common types:

- **Bush** Ideal for beds, bush roses include the hybrid tea rose, known for its classic, many-petaled blooms, and the floribunda, which produces clusters of smaller blossoms.
- **Climber and rambler** With their hard, woody stems, these grow best along fences and house walls.
- **Miniature** Averaging eight inches in height, miniature roses are effective when grown in small garden spaces or in pots as patio accents.
- **Shrub** Often used for hedges and screens (they may exceed eight feet in height), shrub roses can be extremely disease- and cold-resistant.

Onward, hoe!

Once you've selected your perfect rose, you're ready to plant; just after the last frost of late spring is the perfect time in most parts of the U.S. Some tips from Bill Swain, author of *Roses: Questions and Answers* (Sterling, 1990):

- **Location** Don't plant roses in closed or shady areas. Good air circulation and soil drainage—plus that six hours of full sun daily—discourage diseases.
- **Soil preparation** Mix compost or peat moss into your garden bed to enrich it. Dig a hole large enough to accommodate the plant's roots, fill with a bucket of water and let it soak in thoroughly before planting.
- **Care and feeding** Keep the soil loose by occasional hoeing. A thin layer of mulch—such as shredded leaves—around the base of the plant helps retain moisture and nutrients. To boost established roses, try commercial fertilizers containing nitrate of potash (follow directions), or apply nitrogen-rich organic fertilizers—such as bone meal—in early spring and midsummer.
- **Pest and disease control** When battling fungus and insects, like aphids, there's no way to avoid chemicals. Consult a specialist at your local garden center about which remedies to use and how often.
- **Pruning** Put the metal to the petal in early spring: Use pruning shears to remove dead or diseased wood as well as spindly growth. Make clean cuts, just above and sloping slightly away from a node (the swollen area of the stem below each leaf). Discard clippings, as they may spread diseases.

—DEAN LAMANNA

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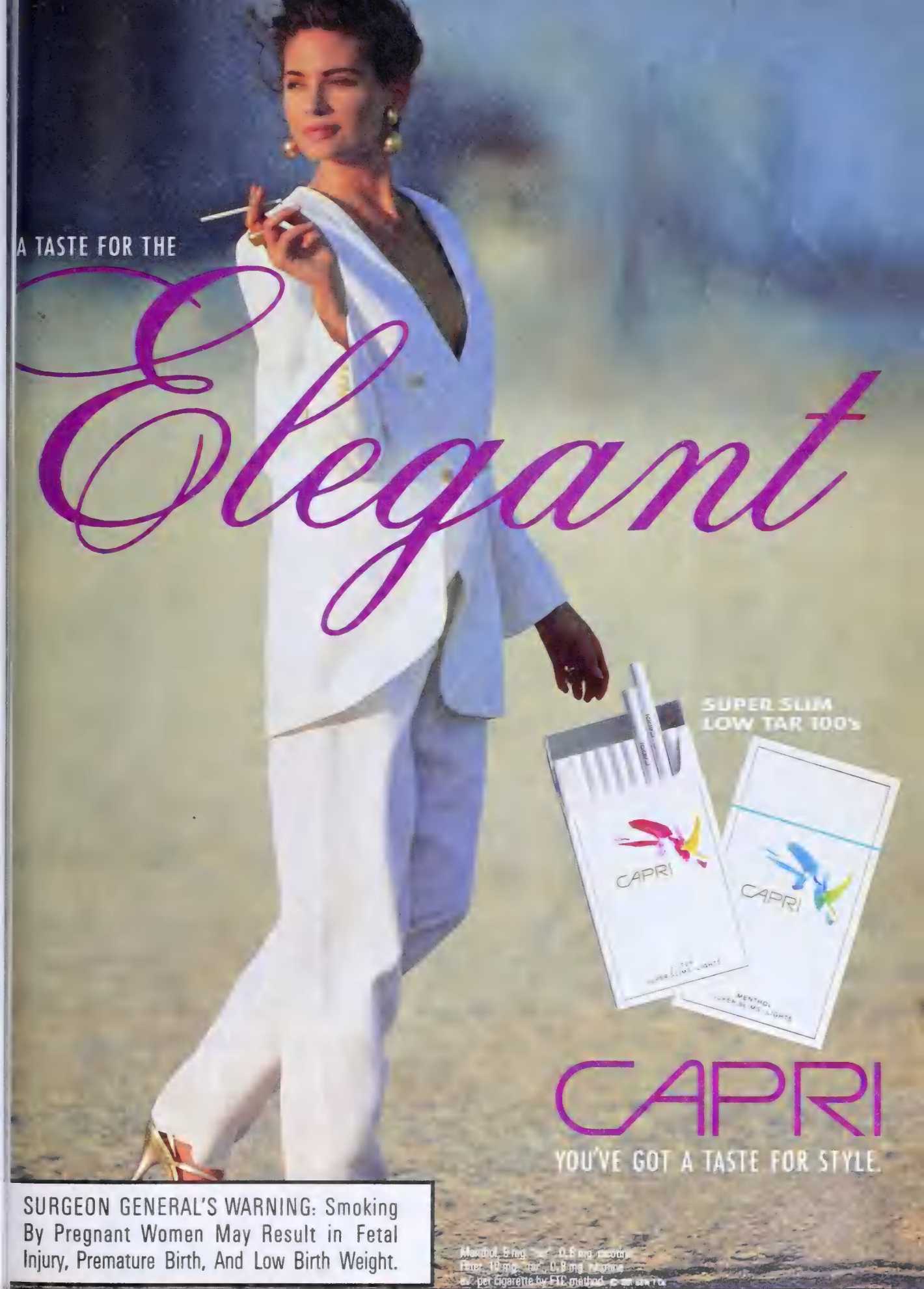
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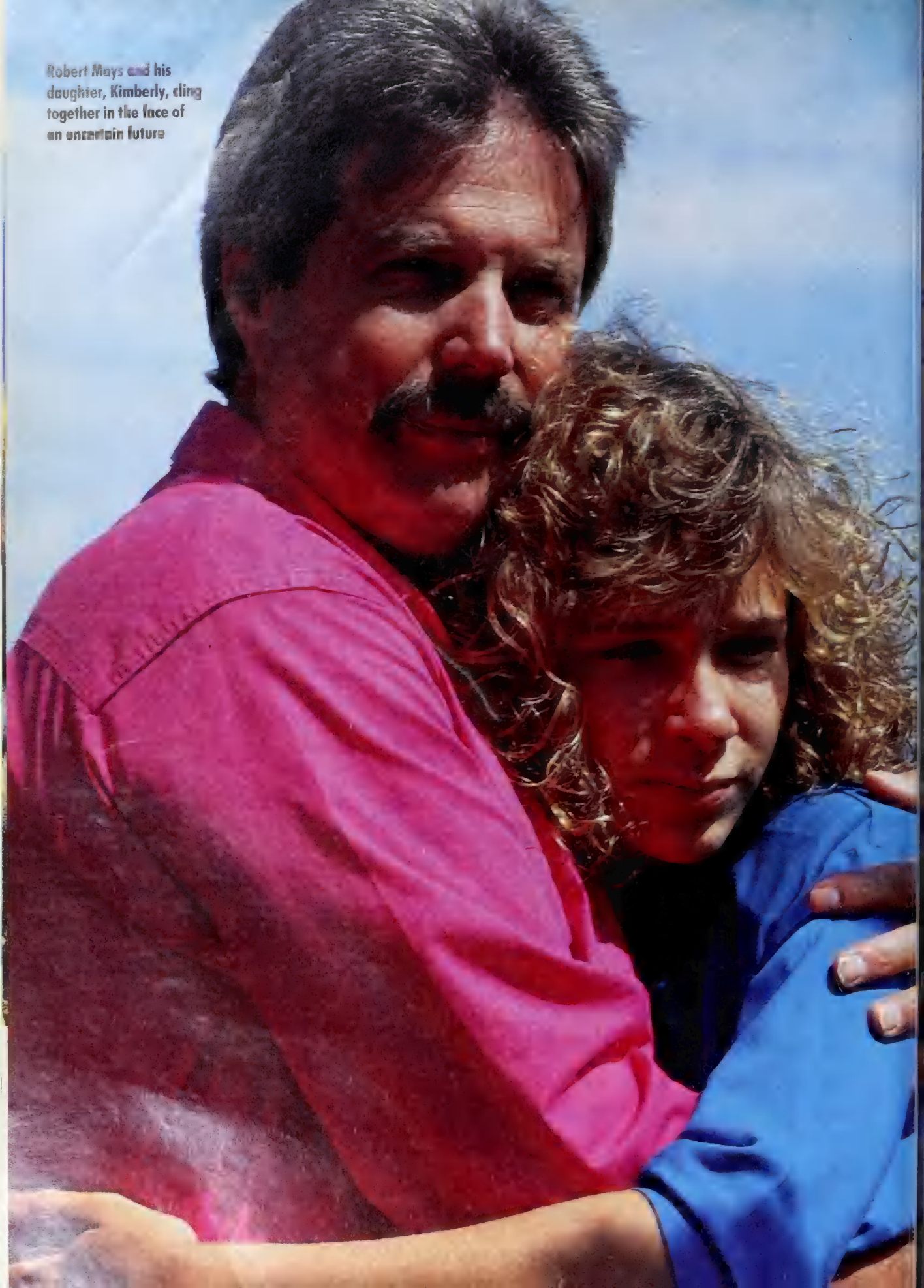
Ladies'
Home Journal
May
1991

"DADDY, AM I YOUR DAUGHTER?"

IT IS WHAT EVERY PARENT DREADS: A CASE OF MISTAKEN IDENTITY IN THE MATERNITY WARD. IN 1978, IT HAPPENED IN A SMALL FLORIDA HOSPITAL, FOREVER SHATTERING THE LIVES OF TWO FAMILIES. HERE IS THE STORY OF THEIR HEARTBREAK, AND THE MYSTERY THAT HAUNTS THEM STILL.

BY KATHRYN CASEY



Robert Mays and his daughter, Kimberly, cling together in the face of an uncertain future

HOW COULD SUCH A MIX-UP HAVE HAPPENED?

KIMBERLY MAYS COULD BE ANY LANKY, BLOND twelve-year-old, dressed in cutoffs, T-shirt and pink ankle socks with white sneakers. Giggling impishly, she runs to her room to retrieve her most precious possessions: a miniature cassette player reverberating with the sound of M.C. Hammer, and a science book that's sheathed in a cover she made herself, decorated with a crayon drawing of a regal gray cat pirouetting in a frilly pink tutu.

Moments later, though, Kim turns sullen at the mention of the storm that surrounds her. Chipping away pink crayon from her drawing with the stub of one painfully bitten fingernail, she stares resolutely at her lap. "I didn't have to go through this," she says quietly. "If they cared about me, they wouldn't be doing this."

They are Ernest and Regina Twigg, a couple who live in Sebring, Florida, about three hours away from Kim's home near Sarasota. In November 1989, tests determined that Kim is their biological daughter.

IT WASN'T UNTIL JUST BEFORE THE DEATH OF ARLENA (LEFT) THAT ERNEST AND REGINA TWIGG (RIGHT) FOUND OUT SHE WASN'T THEIR DAUGHTER

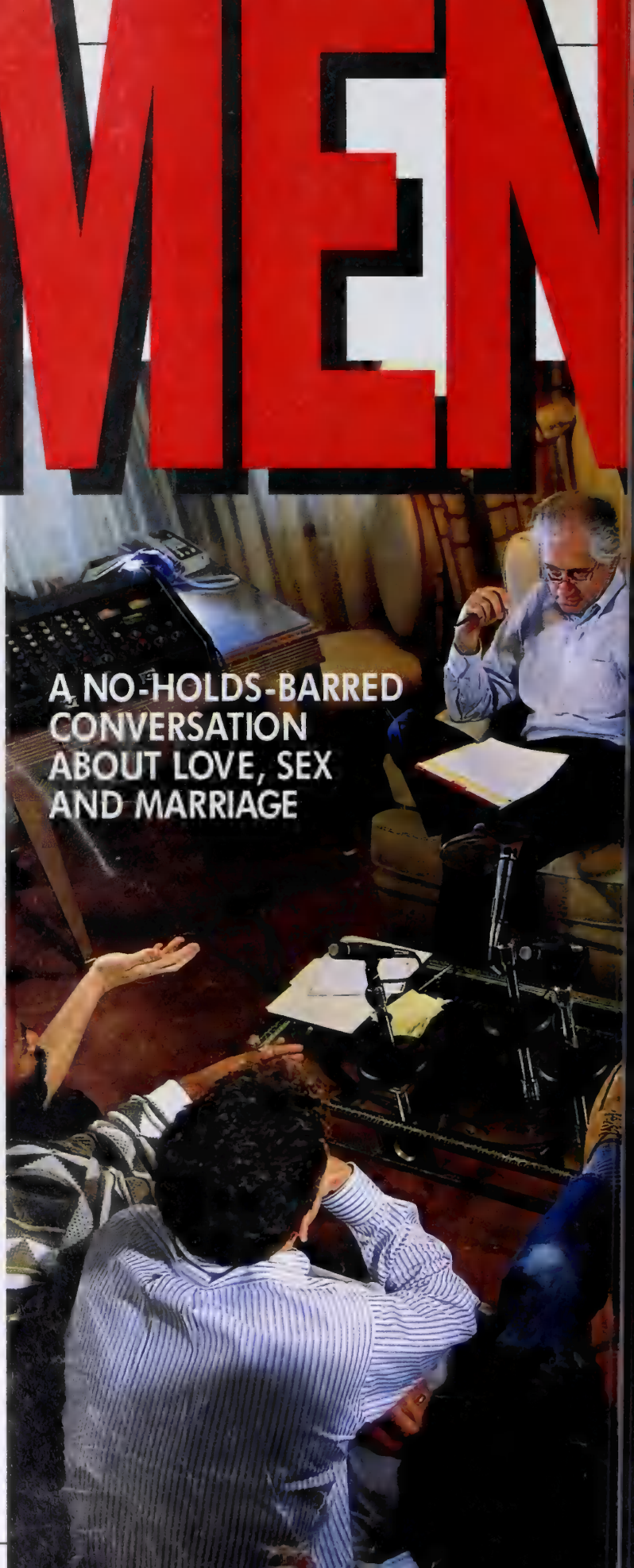
In a mystery worthy of a Gothic novel, it was discovered that baby Kim and another newborn had been exchanged—either accidentally or on purpose—in a hospital in 1978. Somehow, Kim went home with Robert Mays and his wife, Barbara; the real Mays infant, named Arlena, left with the Twigg family.

The mistaken identities didn't begin to come to light until the spring of 1988, when blood tests performed on Arlena before she underwent surgery for a congenital heart defect indicated that she could not be the Twiggs' child.

Arlena died shortly after the surgery, and the devastated Twiggs hired a private investigator to look for their *(continued on page 186)*

WHAT MEN

A NO-HOLDS-BARRED CONVERSATION ABOUT LOVE, SEX AND MARRIAGE



THE PREMISE: That when it comes to sex and relationships, men are lousy communicators. Since they so rarely tell their wives how they *really* feel, the distance between them grows wider. If women could only sit in on a no-holds-barred,locker-room-type discussion, they'd learn a lot . . .

Well, we set it up: We invited six men from across the country to come to New York. Under the direction of Paul Moschetta, D.S.W., a marriage counselor and frequent contributor to the *Journal*'s well-known column "Can this marriage be saved?", they gathered in a midtown hotel suite and talked. And talked.

It wasn't easy. At first they expounded on football, cars, jobs and children—everything but sex. Finally, they broke the ice. The freewheeling forum that follows is sometimes raw—topics ranged from favorite techniques to knowing whether their wives faked orgasm.

But in the end some important truths emerged: For men, marital sex is cyclical, but that feast-or-famine pattern is okay. A man's biggest turn-on is to see his wife abandon herself uninhibitedly to sex. Men have a healthier regard for fidelity than a lot of women give them credit for.

And most interesting of all is that these men showed a deep understanding of the woman's point of view. Yes, sex is important to them—but they accept it as just one piece of that puzzle called marriage.

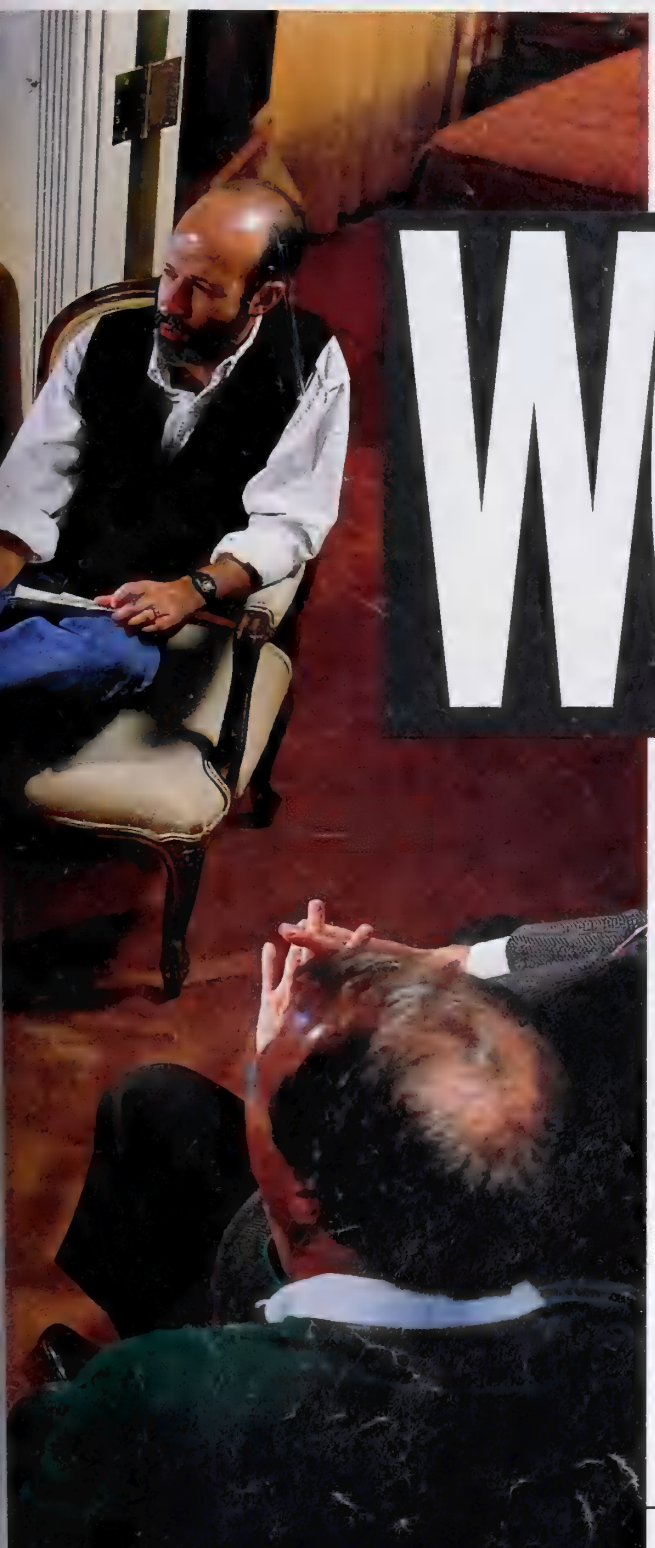
OUR PANEL: Andy Binder*, forty-one, Virginia, is a grass-roots political organizer. Married fifteen years, he has two daughters, ages nine and six.

Sam Gere*, thirty-six, Wisconsin, owns and operates a restaurant. He and his wife, who've been married for five years, have a two-year-old daughter.

Doug *(continued on page 176)*

**Names have been changed.*

REALLY SAY ABOUT WOMEN



LET'S BE HONEST, NOW—THERE'S A LOT WE DON'T KNOW ABOUT THE OPPOSITE SEX AND WISH WE DID. HERE'S A LOOK INSIDE THEIR HEARTS, MINDS . . . AND LIBIDOS.

BY HANK HERMAN

Edward Santalone

FROM SNEAKING COOKIES AS A CHILD, LYNN REDGRAVE WENT ON TO HEARTACHE AND BULIMIA AS AN ADULT. IN AN LHJ EXCLUSIVE, SHE TELLS HER OWN INSPIRATIONAL STORY OF HOW SHE BECAME THE SLENDER AND CONFIDENT WEIGHT WATCHERS® SPOKESPERSON.

BY LYNN REDGRAVE

THIS IS LIVING

I'M THE THIRD AND LAST CHILD IN A FAMILY of actors. My father, Michael, was already a shining star by the time I was born. He was brilliant, volatile, dashing, sensitive, selfish, intellectually superior and intensely shy. He was also bisexual, in an era when such a revelation could not only ruin a career but put you behind bars. He married a well-known actress, Rachel Kempson, and begat three children, Vanessa, Corin and me.

Our mother was and is an exquisitely beautiful woman, but she possesses none of the vanity that so often accompanies great beauty. She did her best to keep our lives simple and structured, to be a safe haven in the midst of often stormy seas.

We had a privileged upbringing in a big old mansion of a house in London by *(continued)*

From THIS IS LIVING, by Lynn Redgrave. Copyright © Lynn Redgrave and Weight Watchers International, Inc. 1991. Excerpted by arrangement with New American Library, a division of Penguin Books USA Inc.

(continued) the Thames. My sister and brother were articulate, healthy, opinionated and outgoing. In contrast, I was desperately shy, sickly with polio and anemic.

When I was a child, successful motherhood meant chubby babies. And we were fed the blandest, dullest, most unappetizing excuse for a healthy diet ever invented—English food! Into this humdrum regimen peeked welcome interludes of pure joy—English candy, which for some reason is the tastiest in the world. As I grew, I began to develop another persona; a rather fat one, and a rather ugly one. I gave it the name "Fat Ogre."

I felt unwell much of the time: bloated after a binge, light-headed after a fast.

Each year I grew a little taller, a little chubbier and a little lonelier. My sister and brother were tall, too, but they wore their height grandly and gracefully, it seemed to me. I tried to stay unnoticed, and as a result developed quite appalling posture, an offense, I knew, to my perfectionist father.

Some small progress was made when I was about thirteen. A great friend of the family, Doris Langley Moore, came to tea. Nobody else was around, so I dutifully brought a loaded tray into the living room and sat next to her. Six lumps of sugar had just gone into my tea and I was about to sneak a seventh when Doris said, "I gave up smoking by postponement."

Doris was an eccentric but worldly woman. She never talked down to me, and I felt she must know everything. "I postponed having a cigarette until lunchtime. Then I'd say to myself, I've postponed this long, I'll wait now till tea, and then why not wait till after dinner? and so on. I was smoking three packs a day. Now I don't smoke at all."

"Maybe I could diet that way," I said to her.

"Good idea," said Doris. She looked at me. "I'll read your palm." She perused my hands. "That lifeline tells me you are changing your destiny. And your career."

I was thrilled—suddenly I felt special and important. A new image of myself was forming. Tall, beautiful and . . . lithe. A revolutionary thought began to take shape in my mind to change my destiny. Doris was right.

I would be an actress.

An acting life for me

The first drama school I auditioned for turned me down. I immediately applied for my next choice, the Central School of Speech and Drama, which was where Vanessa had trained, and I was accepted.

There followed two and a half years of intense training in the art of acting, during which time I realized the rightness of my decision.

Before my course ended, I heard of a chance to try out for a professional acting job. Amazingly, I got the part. Despite my family's objections, I quit school. As luck would have it, other roles followed in fairly rapid succession.

Fat Ogre, though, was still my steady companion. For as long as a part required me to be thin, I could find the necessary discipline to keep the weight off, but a great many of my early roles were best played at my chubbier weight.

In 1963 I was asked to become part of the National Theatre of Great Britain, a permanent company with some of the greatest actors in the world: Laurence Olivier (who was also the artistic administrator), Maggie Smith, Derek Jacobi, Peter O'Toole and Albert Finney were just a few of the members.

Six or *(continued on page 192)*

THE WAR OF THE REDGRAVES

They share that famous last name and familial talent, but sisters Lynn and Vanessa Redgrave have always been a study in contrasts. TV star Lynn, forty-eight, lives in Los Angeles; fifty-four-year-old Vanessa makes her home in London and stars mostly in serious films and onstage.

The sisters never even appeared together professionally until last year. In October, they took to the London stage for a five-month run of Chekhov's *The Three Sisters;* in February, they starred in the TV remake of *What Ever Happened to Baby Jane?* Lynn says their working relationship was "loving and open."

But that relationship chilled when—just three days before the start of the Gulf War—pro-Palestinian Vanessa voiced her support for Iraq at a peace rally in Spain. The remarks infuriated Lynn, a George Bush supporter. "Freedom of speech works both ways, and I want everybody to know that I disagree," she told *LHJ.*

Lynn—who has lived in the U.S. since 1974, although she's not yet an American citizen—says she can't argue with Vanessa. "It's almost impossible to have that sort of conversation with anybody who is indoctrinated in the Marxist philosophy," she says, "because there is no two sides from what they see."

Vanessa's radical politics have often made her anathema in this country—she was recently dropped from a planned U.S. tour of the British comedy *Lettice and Lovage*—and Lynn feels that her sister's outspokenness may be tarring her own career. Now, in an effort to distance herself from Vanessa, Lynn says she will probably change her name to Redgrave-Clark (using husband John's surname). "I'm very proud I come from my family," she says. "But Vanessa crossed a line. This is the strongest I've ever had to be in opposition to her." —DEAN LAMANNA

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THEY'RE BACK—AND THEY'RE MORE FEMININE AND FLIRTY THAN EVER. FROM BARE, BEACH-BOUND TANKS TO SEXY, BREEZY SHEATHS, THIS SUMMER'S ULTRAFLATTERING DRESSES ARE JUST RIGHT, RIGHT NOW.

A BREATH OF FRESH FLARE FOR STEAMY DAYS, SULTRY NIGHTS, LEFT: GILLIAN'S SHOCKING-ORANGE SILK CREPE SWING DRESS, TRIMMED IN FUCHSIA, OFFERS THE FLATTERY OF A FITTED TOP AND THE FUN OF A SWIRL SKIRT—PERFECT REASONS NOT TO PLAY IT STRAIGHT. SHOES, PERRY ELLIS; EARRINGS, ERWIN PEARL; BRACELETS, MIRIAM HASKELL; SUNGLASSES, ALAIN MIKLI. RIGHT: FOR A LOOK THAT'S MORE CASUAL BUT JUST AS APPEALING, THINK TANK. THE LIMITED'S BLACK COTTON TANK DRESS LOOKS HOT, FEELS COOL, IS A BARGAIN (JUST TWENTY-NINE BUCKS) AND IS SURE TO BE YOUR BEST WEEKEND BASIC. HEADBAND, EVE REID DESIGNS. MODEL, MELANIE KREMSER OF CLICK. MAKEUP, DEBORAH HOWELL, HAIR, JOHN KEONI, BOTH FOR CLOUTIER.

BY LOIS JOY JOHNSON, BEAUTY AND FASHION DIRECTOR

SOPHISTICATE SIMPLE AND ULTRAFEMIN LESLIE FAY' FLORAL GEORGETTE WRAP DRESS, LEFT, FLOATS OVER CURVES (SO IT LOOKS GREAT ON EVERYONE) AND IS SOFTLY TAILORED (IDEAL FOR THE OFFICE). DONE IN A SPLASHY PRINT OF SUMMERY GREEN, BLU AND PURPLE, IT'S JUST THE PUNCH YOUR WARDROBE NEEDS. DUFFEL, JILL STUART GLOVES, LACRASIA; SUNGLASSES, MORGENTHAL-FREDERICS OPTICIANS. LIFE WOULD BE A BREEZE IF EVERYONI WORE A FLIRTY TRAPEZE. THE BEST ONE WE'VE SEEN IS BY DKNY, RIGHT. IT'S SPARE, CHIC AN VERY COMFORTABLE IN WASHED LINEN. A MUST-HAVI SUMMER STYLE THAT'S ALL THE MOR POTENT IN FIRE-ENGINE RED. HAT AN DUFFEL, DKNY; SHOES, SAM & LIBB SUNGLASSES, ALAIN MIKLI. MODEL, CLA HOAK OF CLICK.

THE GREAT FITNESS

RACE

WHAT DO YOU GET WHEN YOU TAKE TWO ENTHUSIASTIC JOURNAL READERS WHO ARE DETERMINED TO GET SUMMER-SLIM, PAIR EACH WITH A FITNESS PRO AND SET A THIRTY-DAY TRIM-DOWN DEADLINE? WOMEN WHO CAN'T WAIT TO SLIP ON A SWIMSUIT AND HIT THE SHORE!

THE PERFECT UPPER-BODY TONING PROGRAM

● **THE SHOULDER PRESS: Sit with back straight, legs together. Holding three- to five-pound weights, lift arms so elbows are nearly level with shoulders (in a 90° position). Raise left arm above your head and lower to starting position. Repeat with right arm. Do twelve. Work up to two sets of ten using ten-pound weights. This works the shoulder muscles.**

Summer's just around the corner, and if the thought of wearing a swimsuit in public is too much to bear, it's time to get serious about shaping up. Think it's too late in the season? So did Paula Downey, a twenty-eight-year-old human-resources representative from L.A.—until she shed ten pounds, dropped 22 percent of her body fat and improved her cardiovascular fitness level by nearly 100 percent in just one month, with the help of pro personal trainer Dan Isaacson. Dan, whose expert slimming techniques have sleekened the bodies of such famous folks as Linda Evans, Lisa Hartman and Olivia Newton-John, along with Paul McAuley, Ph.D., program director of Winning Results Training Centers in L.A., assessed Paula's fitness level and devised the perfect exercise routine.

Paula couldn't wait to start. "I had no energy, and I really wanted to improve my eating habits and sculpt my upper body," she says.

What was Dan's exercise plan for Paula? An intensive program (the only way to get results fast) that consisted of two workouts a

● **BENCH FLIES: Lie on an exercise bench with back flat, knees bent, feet on bench. With a five-pound weight in each hand, raise both arms so weights are directly above your chest (keep elbows slightly flexed). Slowly lower arms to the sides until they are level to your body. Pause and push weights up to starting position. Do twelve. Build up to three sets of eight using ten-pound weights. This works the chest muscles.**

● **THE PULL OVER: Lie on an exercise bench with back flat, knees bent and feet on end of bench. With a three-pound weight in each hand, raise arms straight above your body. Slowly lower arms behind head to bench level. Pause; return to starting position. Do one set of twelve reps. Work up to two sets of ten reps using five-pound weights. This works the upper-back muscles. If you don't want to build up, stay with lighter weights, more reps.**

● **UPPER-ARM PUMP: Start with left knee and left hand resting on an exercise bench, right leg beside bench with foot on floor (keep slight bend at knee). Holding a three-pound weight in right hand, extend right arm behind you to shoulder level. Slowly lower weight, bending arm at elbow until arm is at a 90° angle. Bring arm back behind you to shoulder level. Repeat twelve times and switch arms. Build up to three sets of eight reps with five-pound weights. This works the triceps.**

day—one before work and one after work—sixty to ninety minutes each, six days a week. Paula's regimen included calorie-burning aerobics (using a stair climber, a treadmill or a stationary bike), upper-body weight training using hand weights (including the exercises on these two pages), abdominal and flexibility routines, and a diet plan (Paula's diet is on page 140).

"The key to my success was setting goals. I wasn't as concerned about losing pounds as I was with looking good in clothing. In fact, I can finally fit into my favorite jeans, which have been hanging in my closet since high school!"

Consult your doctor before beginning this or any exercise program.

● **SEATED ARM CURLS: Sit on a bench with legs together, feet flat on floor, back straight. Hold a five-pound weight in each hand, both arms extended down by sides. Raise one arm up so fist is at shoulder level with elbow close to body, wrist facing you. Lower to starting position. Do one set of twelve repetitions; switch arms. Build up to three sets of eight repetitions with ten-pound weights. This exercise works the biceps.**

Paul Cox

THE ULTIMATE LOWER-BODY WORKOUT

● **LUNGE WITH A KICK: Step forward with left foot so knee is bent over ankle. Lower right knee until it almost touches the floor. In one continuous motion, bring body up and swing right knee forward, squeezing buttocks. Return to starting position, switch legs. Do two sets of twenty repetitions. This works the quadriceps, hamstrings and buttocks.**

On to the second challenge: thirty-five-year-old Paula Griffin, a mother of three in L.A. If you thought Paula Downey's exercise plan was tough, imagine trying to work a vigorous fitness plan into your day when you're a busy mother caring for young children! Paula had gained sixty pounds since her last child was born three years ago, and was able to lose almost all of the extra weight. But the last twelve pounds have been impossible. "I have no time for exercise, and I've started and stopped more diets than I care to count." We convinced Paula to give it one more try and introduced her to renowned fitness pro Kathy Smith, owner of L.A.'s Mezzeplex workout center, and her partner, Steven Kates. They devised a total-body workout for Paula that focused on her problem areas: tummy, hips and thighs. Her one-hour-a-day, six-days-a-week program included strength training, toning and conditioning, cardiovascular work and a sensible diet.

Paula squeezed in her new routine between getting the kids to school and getting on with her day. Steve worked out with her daily. For those days when it was just impossible for Paula to go to the gym, Kathy and Steve

● **THE PLIÉ: Stand straight with feet angled out to 45°, slightly wider than shoulder-width apart. Arms should be bent with fists in the air and elbows close to body. Squat straight down, keeping back straight and pelvis tucked under, until thighs are parallel with the floor. Pause; slowly raise body back up to starting position, squeezing buttocks as you lift. With hands on hips, slide right foot in front of left, keeping knees flexed, and hold a full second. Return to starting position. Do two sets of twenty, alternating legs. This exercise works the quadriceps, hamstrings and buttocks.**

● **THE ABDOMINAL CRUNCH: Lie on your back with knees bent and soles of feet on the floor. Lace hands behind your head. Raise your head, neck and shoulders as high as you can, pointing elbows toward the ceiling and pushing lower back into the floor. Hold a full second and return to starting position. Don't pull up with arms or tighten neck muscles. This works the abdominal muscles.**

● **THE SQUAT: Stand with feet slightly angled outward and slightly closer than shoulder-width apart and keep knees slightly bent. Bend arms and hold them up so fists are at shoulder level, elbows close to body. Lower your body for three seconds until thighs are parallel with the ground, keeping back straight. Slowly push back up for three seconds until legs are almost fully extended. Do two sets of twenty. Make sure back is kept straight and pelvis is tucked under throughout the exercise. This works the quadriceps, hamstrings and buttocks.**

offered Paula at-home options for her cardiovascular workout, substituting a stationary bike or regular bike for the gym's Windracer, and a brisk uphill walk instead of the Stairmaster.

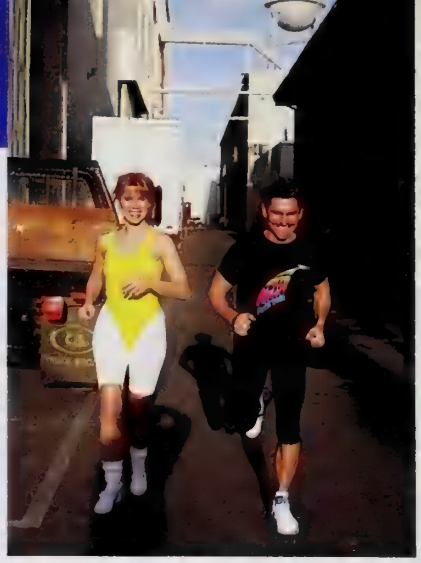
"I never thought I would make it," Paula told us. "The first week was the hardest—I was sore, tired and overwhelmed. But Kathy's constantly telling me 'you can do it!' really helped. I never stepped on the scale, because I knew I wouldn't see a big enough change. But I didn't need the scale—I knew I was losing weight because my clothes fit better, my body looked better and I had a lot more energy."

Paula completed our challenge with flying colors: She dropped eight pounds, lost two inches from her hips, three inches from her waist and an inch from each thigh. Is she pleased? You bet! "I've got my waist back, and I really feel terrific. I'm going to work out every other day from now on—not only to continue improving my body, but because it's a great opportunity to take time out for myself."

● **THE CALF RAISE: Stand with feet shoulder-width apart and flat on ground. Hold on to something for balance. Rise up on toes and hold for a second and lower to starting position. Do two sets of twenty. This exercise works the calves.**

NUTRITION TIPS FOR A BETTER BODY

A SMART DIET IS JUST AS IMPORTANT AS EXERCISE FOR BEST RESULTS. BELOW, DAN AND KATHY'S HEALTHY ADVICE AND A GREAT ONE-WEEK MEAL PLAN



● To keep up your stamina for intensive workouts, be sure the bulk of your diet comes from energy-boosting carbohydrates: whole grain breads and cereals, beans, brown rice, pasta, potatoes, fruits and vegetables—and watch the butter and high-fat sauces.

● On this diet plan, your snack will keep you from bingeing if you're having a late dinner. A routine but flexible eating regimen is especially important when you're exercising to keep your metabolism functioning at maximum level.

● Kathy suggests making a healthy-foods shopping list and sticking to it—you're less likely to eat a bag of chips if there aren't any in the house. Don't try to change your buying habits overnight—start with three new good-for-you items the first week and make further substitutions as you go along. Some suggestions: whole wheat everything (pasta, crackers, bread, cereal), rice cakes, lean meat, skinless chicken, turkey sandwich meats, tofu, tuna packed in water, low-fat or skim milk, no-fat or low-fat salad dressing, salsa, non-stick cooking spray, air-popped popcorn, low-fat yogurt, low-cal mayonnaise, pretzels with no oil listed on label. For dessert, try animal crackers, gingersnaps, fig cookies, vanilla wafers, graham crackers, low-cal pudding and low-cal Jell-O.

● Eat two to four hours before you exercise: You'll have energy, but you'll have digested your meal.

● After exercising, drink water instead of juice to replenish fluids—guzzling juice will add too many calories and won't quench your thirst any better than water.

● It's better to steam vegetables than to boil them—steaming keeps most of the nutrients intact.

● If you fly frequently, call the airline in advance and order a low-fat meal or fruit plate.

● Ask your doctor about taking a vitamin supplement while dieting. Dan Isaacson recommends a multivitamin-mineral supplement (such as Centrum) to boost your iron and zinc supply.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAK-FAST	• ¾ c. oatmeal • 1 slice toast • 2 T. raisins • 1 c. skim milk	• ¾ c. cold cereal • 1 c. skim milk • 1 slice toast • 1 piece fruit	• 1 c. nonfat yogurt • 2 slices toast • ½ c. grapefruit juice	• ¾ c. cold cereal • 1 c. skim milk • 1 slice toast • 1 piece fruit	• 1 bagel • 1 c. skim milk • 1 piece fruit	• ¾ c. cream of wheat • 1 slice toast • ½ c. orange juice • 1 c. skim milk	• 1 frozen waffle • 1 banana • 1 c. skim milk • 1 tsp. light syrup
LUNCH (Each with a calorie-free beverage)	• Pita sandwich: lettuce, tomato, 1 oz. sliced turkey or chicken • 1 piece fruit	• Cheese sandwich: 2 slices rye bread, 2 slices Weight Watchers American Cheese, lettuce • 1 piece fruit	• Tuna salad: 2 c. romaine, ½ cucumber, 1 celery stalk, sliced, ¼ c. tuna • 1 whole bagel	• Turkey sandwich: 2 slices whole wheat bread, 1 oz. turkey, lettuce, tomato, fat-free spread • 1 piece fruit	• Salad: 2 c. romaine, ½ grated carrot, 1 tomato, 1 oz. chicken, ¼ c. garbanzos, fat-free dressing • 1 slice rye bread • 1 piece fruit	• Muffin pizza: 1 English muffin (whole, sliced), 1 oz. mozzarella, 2 T. pizza sauce • 1 piece fruit	• Tuna sandwich: 2 slices whole wheat bread, ¼ c. tuna, 1 tsp. light mayonnaise, lettuce • 1 piece fruit
SNACK	• 1 c. any raw vegetable • 1 c. skim milk • 3 graham crackers (2½-in. square)	• 1 c. any raw vegetable • 1 c. skim milk • 1 whole wheat roll	• 1 c. any raw vegetable • 1 c. skim milk • 2 c. plain popcorn	• 1 c. any raw vegetable • 1 c. skim milk • 1 mini-bagel	• 1 c. any raw vegetable • 1 c. skim milk • 1 corn tortilla	• 1 c. any raw vegetable • 1 c. skim milk • 2 c. plain popcorn	• 1 c. any raw vegetable • 1 c. skim milk • 4 Ryekrisp crackers
DINNER (Each with one piece of fruit)	• Green salad • 3 oz. fish • 1 c. spinach • ½ c. mashed potatoes	• Green salad • 3 oz. chicken • 1 c. green beans • ½ c. yams	• Green salad • 3 oz. turkey • 1 c. cauliflower • 1 whole wheat roll	• Green salad • 3 oz. chicken • 1 c. green beans • ½ c. rice	• Green salad • 3 oz. fish • 1 c. carrots • 1 small potato	• Green salad • 3 oz. turkey • 1 c. broccoli • ½ c. yams	• Green salad • 3 oz. chicken • 1 c. zucchini • ½ c. rice

You may substitute any meal within the same category—such as one lunch for a different lunch listed above.

Menu created by Evelyn Tribole, R.D., for Winning Results Training Centers.

Sometimes you can tell what's missing.

Sometimes you can't.

Oscar Mayer® Light Bologna has a third less fat.* But since it tastes so great, you'll never know what's missing.

Oscar Mayer Light™ 33% Less Fat*

BOLOGNA

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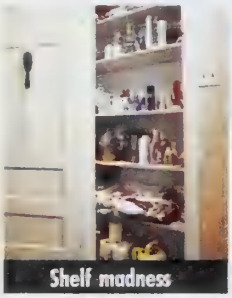
The Lyon family

"OUR HOUSE WAS A MESS!"

The catch-all room

Closet chaos, multiplied by two



Shelf madness

A design disaster

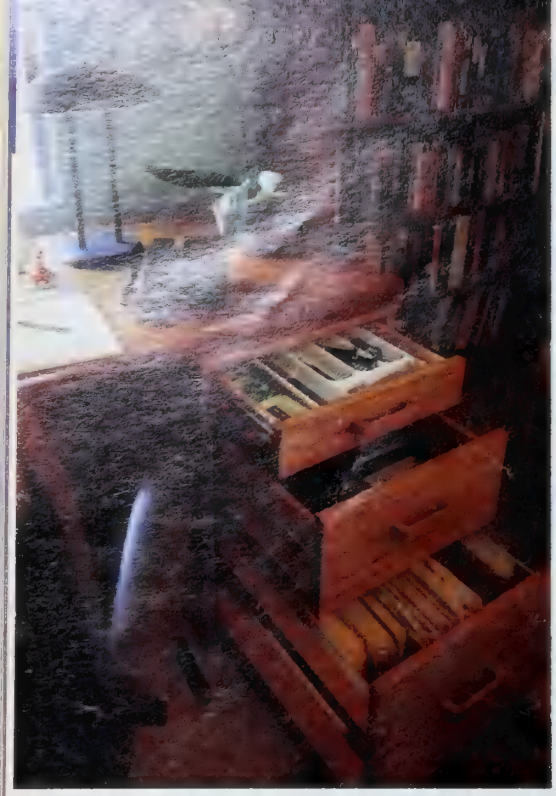
The strictly unbusinesslike office

Toyland, toyland...

It was a case of disorderly conduct—piles of papers here, clumps of clothes there and heaps of toys everywhere—and journalists Jeff Lyon and Bonita Brodt and their children, Lindsay, seven, and Derek, two and a half, were tired of living amid the mess. Though they had tried and tried to get organized, the Illinois family couldn't seem to restore order. But this time, they vowed they would succeed. To help, LHJ teamed the Lyons with Jeffrey Mayer, a Chicago-based time-management consultant, and his wife, Mitzi Bouffard Mayer, an interior designer, who came up with simple solutions to conquer their clutter once and for all.

Photos, Bruce Van Inwegen. Paint, Benjamin Moore; all furniture and lamps, sofa fabric, "Orbit," Crate & Barrel Furniture; wood flooring, Harris-Tarkett Inc.; armoire and blanket chests, Timeless Designs; halo ceiling lights, Cooper Lighting; TV, Sharp Electronics Corp.; wool throw, Private Lives; miniature wood chairs and basket on top of armoire, Folio Douce. Details, page 175. IF YOU HAVEN'T GOT TIME TO DO IT RIGHT, WHEN WILL YOU FIND THE TIME TO DO IT OVER? By Jeffrey J. Mayer. © 1990 by Jeffrey J. Mayer (Fireside, 1990).

"NOW WE'VE
CLEANED UP
OUR ACT"



● *And in this corner . . . a home off built for two. Jeff and Bonita share computer, but each wanted perso space—a clear desktop that also had ro to display a few favorite items neatly. T biggest plus? All files, books and off supplies are now right at hand in organi drawers and on new shelves. The office a change of hue with teal-blue paint t accented other rooms, too, to give whole house a unified look.*

A wall came tumbling down betw Jeff's tiny closet in the den Bonita's in the master bedroo and the result is one big closet t does double duty. The repositioned shel and rods keep all their clothing well-or nized and at eye level, helping Jeff Bonita beat the I-haven't-got-a-thing wear A.M. blues. There are even racks ties and belts, drawers for lingerie jewelry, and a wire bin for laundry.

Office furniture, House of Teak; paint, Benjamin Moore; sofa, Crate & Furniture; all desk accessories and lamps, Reliable Home Office; w wall carpet, Stratton, a Division of Shaw Industries; kilim rug, Osca rian Rugs; window shades, Hunter Douglas Window Fashions. Be closet, California Closet Company; solid hat boxes, Folie Douce; wall- carpet, Stratton, a Division of Shaw Industries.

he bathroom proved that no amount of organization can make up for basic structural or design s, so Mitzi recommend- a complete overhaul. h no closet or shelves in bathroom, the toilet tank, sink and even the win- sill had become impromptu shelving. To open he space, the small win- was replaced with a of elegant glass blocks really let the sun shine Jeff and Bonita loved the tone in their new home e so much that here they bined it with a gold hue sponge-painted the ls. Solving the storage blem—a new medicine inet, a sink with a vanity et below, and a custom- le wall shelving unit.

"IT'S LIKE LIVING IN A BRAND-NEW HOUSE"

● *The glassed-in sun porch got a pick-me-up, too. Though the family didn't want to give up the porch's usefulness as a storage area, they did agree that the room didn't have to* look *like a dump. What the porch needed was an established place for everything—toys, bikes, newspapers. To the rescue, three two-feet-deep storage trunks (complete with cushions, they supply extra seating, too).*

Sun porch: paint, Benjamin Moore; fabric, S. Harris & Co.; sisal rug, Crate & Barrel Furniture; basket with teddy bears, miniature table and chair, child's rocker, Folie Douce; armoire and blanket chests, Naked Furniture. Bathroom: toilet, tub, sink, glass shelf, towel bars, American Standard Products; glass block window, Pittsburgh Corning Corp.; counter top, Wilsonart; tiles, American Olean Tile Products; curtain fabric, China Seas; custom vanity and shelves, Plain & Fancy Kitchens; all bath accessories, Folie Douce; paint, Benjamin Moore; medicine cabinet, Robern Inc.; halo lighting, Cooper Lighting; towels, Ralph Lauren. Left: painting, Matthew Silver and Chris Altshuler Decorative Painting.

THE CLEAN SWEEP

● **After you've cleared away the clutter,** don't forget the decorative touches that give a room a more pulled-together look. In their family room, the Lyons replaced the flooring and stained it to match the light-blue finish of the armoire and the storage chests. The walls got a fresh coat of light apricot, and the blue theme from the

Behind this door . . . the TV, the VCR, and videotape and magazine collections have a place to call home

office and bathroom was repeated in the chaise and bright flowered couch.

● **To maximize space in a tiny bathroom,** refit the door to open outward, so it won't gobble up space when it's open.

● **Keep shampoo and conditioner off the sides of the tub** by storing them on a rack that hangs from the shower head.

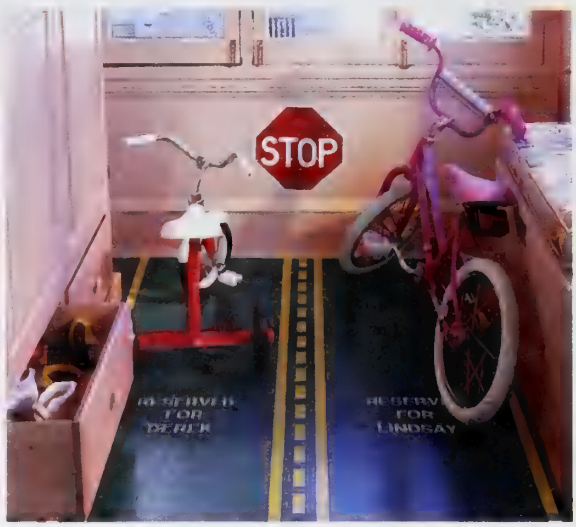
● **You'd be surprised how much valuable space unused makeup** and old medications can take up in the medicine chest. Check product expirations and throw out those that have passed the date (mascara, especially, should be thrown out after three months).

● **Put kids' bathtub toys in a net bag** and hang from the faucet to keep them from getting scattered.

● **Even in small linen closets, shelves are uniformly spaced** twelve to fifteen inches apart. The key to getting the most usable space from any closet is to reshelve it, varying the spacing between shelves according to what's to be stored. Basic toiletries require less space than folded bedsheets, blankets and bulky towels (stack towels low so the kids can grab their own).

● **Before you start reconfiguring shelves and repositioning rods** in your clothing closet, sort through your wardrobe. A general rule of thumb: Any clothing that doesn't fit or that you haven't worn in the past two years doesn't deserve space in your new closet.

● **The floor of your closet** shouldn't be used as unstructured storage space for items such as shoes and dirty clothes. Take a look at what is at the bottom of your closet now and include space for these things when redesigning your closet (a shelf or hanging bag for shoes; a wire bin or basket for laundry). Keeping the floor clear makes



Parking for tykes' bikes only (putting toys away *can* be easy)

vacuuming the closet easier, too.

● **In the kitchen, maximize limited counter space** by keeping only appliances you use every day (the toaster, coffee machine) out on the counter; all others should be put away after each use. Store fancy dishes and glassware that you use infrequently in the cupboard that's the least convenient to get to. Save the most accessible cupboards for the pots, pans

Even a small closet can hold a lot if items are allotted only minimum space

and dishes you use all the time.

● **Install a four-inch-wide glass shelf** above the kitchen sink to hold soap, sink stoppers and sponges.

● **In separate files, not in piles,** is the way to keep bills, bank statements and investment information. When buying containers to store files, be sure they are large enough to accommodate a growing filing system.

● **Baskets are a decorative storage solution** to use for newspapers and magazines in any room.

● **Whenever the kids get new toys,** give away some of their old ones—they can't play with everything at once, and they tend to favor the new additions.

● **If you're a collector—of perfume bottles,** thimbles, salt-and-pepper shakers—display one collection at a time so that your treasures don't end up vying for already overcrowded space.

● **Finally, Mom was right**—putting things back where they belong is much quicker and easier than cleaning them up later.

Blanket chests and armoire, Timeless Designs; wood floor, Harris-Tarkett Inc.; fabric, "Orbit," Crate & Barrel Furniture; TV, Sharp Electronics Corp. Paintings, Matthew Silver and Chris Altschuler Decorative Painting; paint, Benjamin Moore; seat cushion fabric, S. Harris & Co.; armoire and "classic" chest, Naked Furniture. Linen closet, California Closet Company; bed linens and blankets, Private Lives; towels, Ralph Lauren Home Collection.

ne New Kenmore Ultra Wash II™ Cleans So Well You'll Be Sorry It's Just A Dishwasher.

America's Best Dishwashing System Just Got Better.

Dishes yes. Cars we have trouble with.

But once you have the new Ultra Wash II,™ you'll wish you could wash every dirty thing as well as your dishes. Because they'll be cleaned by the best dishwashing system in America.

A system that includes a powerful 3 level wash and an option that can heat water to a grease dissolving temperature. Even a soil separator that cleans the water as it cleans the dishes.

Wrap it all up in a special sound barrier and you'll barely hear a thing.

Cleanest Dishes, Guaranteed.

If you don't agree that these are the cleanest dishes around, we'll take back the dishwasher, refund your money, and give you $25 on top of that for your trouble.

Who knows, maybe we'll develop a car wash next year. Of course that, too, would be available only at Sears.

Kenmore®
Sold Exclusively at Sears Brand Central®

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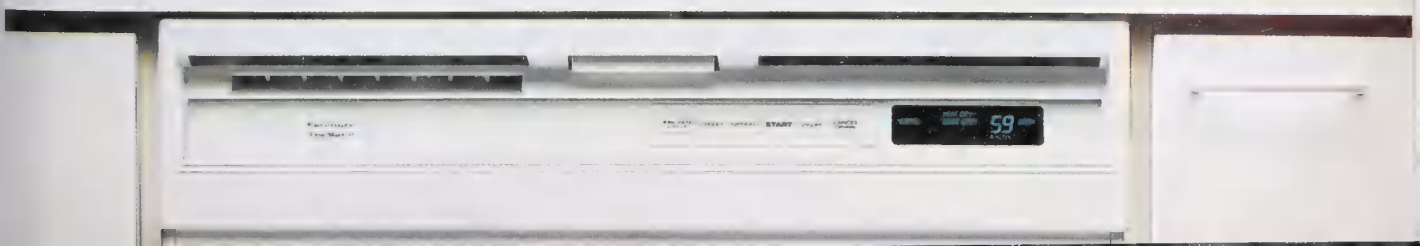


Spruce up a Thursday with a Sunday kind of muffin.

© 1991 The Procter & Gamble Company

This jumbo muffin is one of a kind. You can only bake it from a Duncan Hines Bakery Style Muffin Mix. You get big, hot muffins. With real, juicy blueberries. And a crunchy crumb topping. Muffins so moist and delicious and special, you'll think it's Sunday.

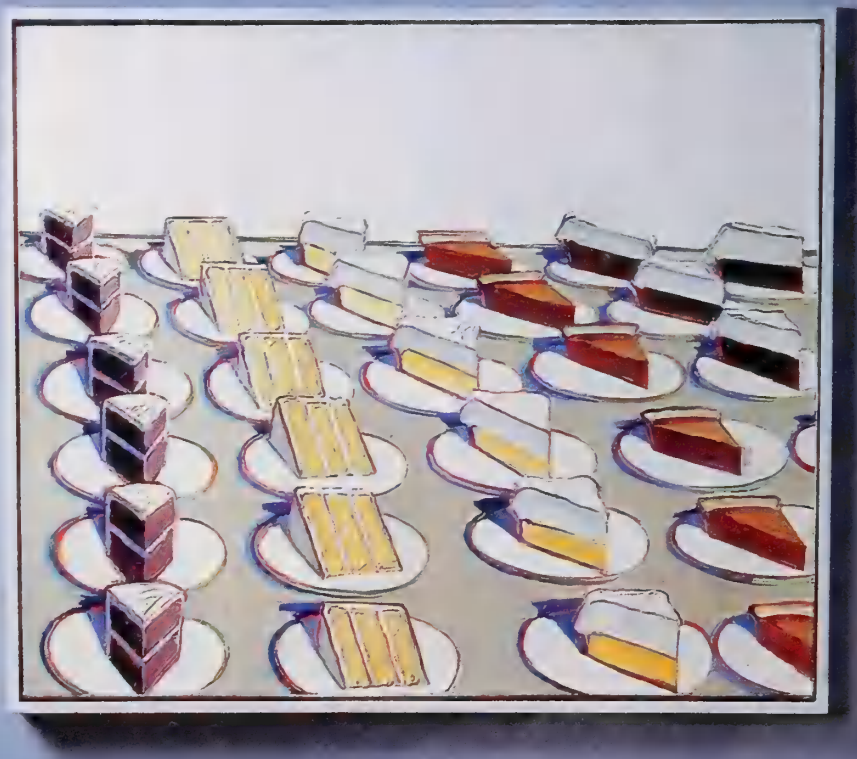
How to bake your moist, delicious best.

Duncan Hines®

Bakery Style Muffin Mix

Blueberry, Cinnamon Swirl, Pecan Crunch, Cranberry Orange Nut, Hearty Style Oatmeal

FOOD JOURNAL



TRIPLE-TESTED LHJ RECIPES

AMERICAN PIE

CLASSIC CREAMY TREATS—
FROM LEMON MERINGUE TO
STRAWBERRY CHIFFON

SUPPERTIME, USA

OUR NATIONWIDE SURVEY ON
HOW AMERICA EATS TODAY. HERE,
RECIPES TO MAKE THE MOST OF
YOUR DINNER FAVORITES

100 HEALTHY SNACKS

A HOST OF GREAT-TASTING, GOOD-
FOR-YOU WAYS TO SATISFY THOSE
BETWEEN-MEAL CRAVINGS

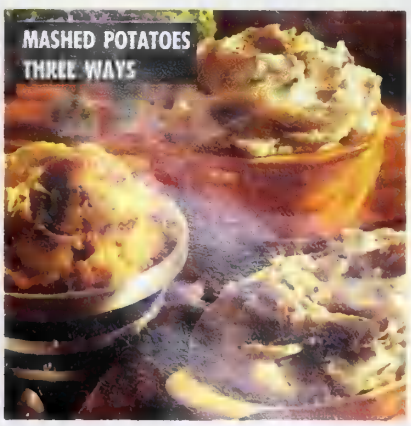
Jerry Simpson; stylist, Linda ton. Painting, Thiebaud, *Pie* r, 1963; oil on . From the exhi- *ART what thou nages of Food in an Art* at The ork Historical y, organized by ith C. Blum Art te at Bard Col- ainting from the ion of the Whit- useum of Art in City

SUPPERTIME, USA

YOUR PANTRY'S STOCKED WITH HEALTHFUL FOODS

WHAT'S COOKING FOR DINNER THESE DAYS? WE POLLED 2,500 AMERICAN WOMEN AND GOT SOME FASCINATING—AND SOMETIMES SURPRISING—RESULTS. FOR INSTANCE, ALMOST EVERYONE EATS DINNER AS A FAMILY, JUST LIKE YOU DID WHEN YOU WERE GROWING UP. BUT UNLIKE YOUR MOTHER, YOU DON'T HAVE TIME TO PLAN ELABORATE WEEKLY MENUS, SO YOU'VE BECOME AN EXPERT AT WHIPPING UP NUTRITIOUS ENTRÉES AND SIDE DISHES WITH PANTRY BASICS IN NO TIME FLAT. IN FACT, TO SAVE EVEN MORE TIME, YOU OFTEN COOK MORE THAN YOU NEED FOR NEXT-NIGHT LEFTOVERS. WHAT HASN'T CHANGED? HEALTH-CONSCIOUS OR NOT, NO ONE IS ABOUT TO GIVE UP DESSERT (ICE CREAM AND COOKIES LEAD THE LIST)! WITH THESE AND OTHER RESULTS IN MIND, WE'VE CREATED DOZENS OF JUST-RIGHT RECIPES WE KNOW YOU'LL COOK UP AGAIN AND AGAIN.

TO SAVE TIME, YOU OFTEN COOK ONCE AND SERVE TWICE



POTATOES ARE EVERYBODY'S VEGETABLE OF CHOICE

BY JAN TURNER HAZARD, FOOD EDITOR

CHICKEN IS THE
DINNER FAVORITE–
AND YOU'RE
EATING MORE
PASTA AND FISH
THAN EVER

Easy · Moderate · Challenging · Microwave

A well-stocked pantry makes preparing dinner a snap. See our shopping list (page 174) to put all the basics in your cupboard.

PASTA WITH MARINARA SAUCE AND RICOTTA

A ricotta sauce adds creamy richness to bottled marinara.

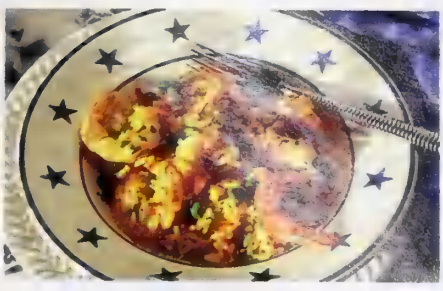
Prep time: 15 minutes ○
Cooking time: 15 minutes

- 3 slices bacon, diced
- 1 onion, chopped
- ½ teaspoon red pepper flakes
- 1 jar (14 oz.) marinara sauce
- 1 container (15 oz.) part-skim ricotta cheese
- ¼ cup freshly grated Parmesan cheese
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- ¼ cup chopped flat-leaf parsley
- 1 pound penne or ziti, cooked

Cook bacon in large saucepan until crisp; drain on paper towel. Discard all but 1 tablespoon drippings from skillet. Add onion and red pepper flakes; cook over medium heat, stirring occasionally, until tender, 5 minutes. Add marinara sauce and bring to boil. Meanwhile, in mixer bowl, beat ricotta, Parmesan, salt and pepper until creamy. Stir in parsley. Toss pasta immediately with marinara sauce and bacon. Pass ricotta. Makes 4 servings.

Per serving: 725 calories, 33 gm protein, 20 gm fat, 103 gm carbohydrates, 1,246 mg sodium, 44 mg cholesterol.

QUICK-AND-EASY PAELLA



This recipe cuts the preparation but keeps the great robust taste of this national dish of Spain. We've substituted turmeric for more expensive saffron to add color and flavor.

Prep time: 15 minutes ○
Cooking time: 35 minutes

- 4 slices bacon, diced
- 1 onion, chopped
- 1 red pepper, diced
- 2 teaspoons minced garlic
- ¼ teaspoon turmeric (optional)
- ⅛ teaspoon ground red pepper
- 1½ cups long-grain rice
- 1 can (13¾ or 14½ oz.) chicken broth plus water to equal 3 cups
- ½ teaspoon salt
- ⅛ teaspoon thyme
- 12 ounces frozen cooked shrimp, thawed
- 1 package (10 oz.) frozen peas
- 1 tablespoon chopped fresh parsley

Cook bacon in heavy 3-quart saucepan until crisp; remove. Discard all but 1 tablespoon drippings from pan. Add onion and pepper; cook over medium heat, 5 minutes. Stir in garlic, turmeric and ground red pepper; cook 10 seconds. Add rice and cook, stirring, 1 minute. Stir in broth and water, salt and thyme. Bring to boil, reduce heat and simmer covered 20 minutes. Stir in shrimp and peas; cook 5 minutes more. Stir in bacon and sprinkle with parsley. Makes 4 servings.

Per serving: 480 calories, 30 gm protein, 9 gm fat, 69 gm carbohydrates, 1,177 mg sodium, 174 mg cholesterol.

SAUTÉED CHICKEN WITH SWEET SAUSAGE

To help reduce fat, cook the meats separately and drain off the drippings.

Prep time: 10 minutes ○
Cooking time: 50 to 60 minutes

- ½ pound sweet Italian sausages
- 6 chicken thighs (1½-2 lb.)
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 onion, chopped
- 1 teaspoon minced garlic
- ½ teaspoon rosemary, crumbled
- ½ cup chicken broth
- 1 tablespoon red wine vinegar

Prick sausage all over with fork. Cook in large skillet over medium heat until browned on all sides and cooked through, 10 to 15 minutes. Drain on paper towels; discard drippings from pan.

Sprinkle chicken with salt and pepper. Add chicken to skillet skin side down; cook until browned on all sides, 8 m utes. Remove chicken from pan; disc drippings. Add onion to skillet and c until tender, 5 minutes. Stir in garlic rosemary; cook 10 seconds. Add b and vinegar. Cut sausages in thirds return to skillet with chicken. Simmer c ered 25 to 30 minutes. Makes 6 servi

Per serving: 320 calories, 24 gm protein, 23 gm f gm carbohydrates, 614 mg sodium, 109 cholesterol.

TUNA–ROASTED PEPPER–ARTICHOKE PASTA

This pasta with a no-cook sauc whipped up from ingredients right off pantry shelf.

Prep time: 10 minutes
Cooking time: 10 minutes

- 1 can (6½ oz.) tuna packed in oil, drained
- 1 jar (7 oz.) roasted red peppers, c into thin strips
- 1 jar (6 oz.) marinated artichoke he drained and halved
- 2 tablespoons olive oil
- 1 tablespoon capers
- 1 tablespoon chopped fresh parsley
- 1 teaspoon minced garlic
- 1 box (16 oz.) bow-tie pasta, cooke
- 2 teaspoons balsamic vinegar
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

Combine tuna, red peppers, artic hearts, oil, capers, parsley and gar large serving bowl. Toss pasta immed ly with tuna mixture and add vinegar and pepper. Serve immediately. M 6 servings.

Per serving: 415 calories, 19 gm protein, 10 gm f gm carbohydrates, 480 mg sodium, 5 mg choles

LEMON CHICKEN STIR-FRY WI SPRING VEGETABLES

The simple secret for perfect stir-f Make sure the oil is hot. (conti

lay's Pork Is A Snap To Fix.

How The Other White Meat® orks for the working mom.

After a day on the run, who needs a dinner that makes you work overtime?

Today's pork is a delicious, easy alternative. Leaner than ever, it requires less cooking time than you might think. Simply cook to medium (160°) until slightly pink, for perfect tenderness. Pork is a great source of protein. And a perfect partner with almost any spice, fruit, or vegetable.

Put pork on your shopping list. Then treat yourself to a little time off. For free recipes, send a self-addressed, legal-sized, stamped envelope to: RECIPES, Box 10383-WM, Des Moines, IA 50306.

Pork and Red Chile Stir-Fry

- 1 lb. lean boneless pork loin, sliced thinly
- 1 T. vegetable oil
- 2 cloves garlic, minced
- 1 10-oz. pkg. frozen cut green beans, defrosted
- 2 t. sugar
- 2 t. soy sauce
- 1/2 t. crushed red pepper
- 1/2 t. ground ginger
- 1 t. sesame oil
- 1 t. rice vinegar

Stir-fry pork and garlic in hot skillet 2 min. Add beans, stir-fry an additional 3-4 min. until beans are tender. Push pork and beans to one side of pan; add remaining ingredients, stirring constantly to mix. Stir in pork and beans. Serve immediately with hot, cooked rice or shredded lettuce. Serves 4.

Nutrient Info. per serving:
Calories: 280 Protein: 29 g Fat: 11 g
Sodium: 237 mg Cholesterol: 66 mg

pork®

The Other White Meat.®

America's Pork Producers.

© 1991 National Pork Producers Council in cooperation with the National Pork Board.

Prep time: 15 minutes
Cooking time: 5 minutes

2 tablespoons reduced-sodium soy sauce
1 tablespoon dry sherry
1 tablespoon cornstarch
1 pound boneless, skinless chicken breasts, cut into ½-inch-thick strips
¼ cup fresh lemon juice
2 tablespoons rice wine vinegar
1 tablespoon sugar
1 teaspoon grated lemon peel
2 tablespoons vegetable oil, divided
8 ounces asparagus, cut into ¾-inch pieces
1 tablespoon water
1 bunch watercress, trimmed (1½ cups)
2 green onions, sliced
1 teaspoon grated ginger
1 teaspoon minced garlic
Cooked rice

Combine soy sauce, sherry and cornstarch in medium bowl for marinade; blend until smooth. Add chicken and toss to coat. Combine next 4 ingredients in another bowl and set all aside.

Heat 1 tablespoon oil in large skillet or wok over medium-high heat. Add asparagus and water; cook 30 seconds. Stir in watercress, green onion, ginger and garlic. Cook until watercress is just wilted, 1 minute more. Transfer to plate; cover.

Increase heat to high. Add remaining 1 tablespoon oil to skillet. Add chicken with marinade; stir-fry until just cooked through, 1 minute. Stir in lemon mixture and simmer 1 minute more. Stir in vegetables. Serve with rice. Makes 4 servings.

Per serving: Without rice, 240 calories, 29 gm protein, 8 gm fat, 11 gm carbohydrates, 383 mg sodium, 66 mg cholesterol.

HAM-AND-CHEESE FUSILLI CASSEROLE

The cure for a hard day, this dish offers the comfort of baked macaroni 'n' cheese.

Prep time: 15 minutes
Cooking time: 35 minutes

1 box (16 oz.) fusilli pasta
2 teaspoons vegetable oil
2 tablespoons butter or margarine
⅔ cup chopped onions
3 tablespoons flour
3 cups milk
2 cups (8 oz.) shredded Cheddar cheese
1 teaspoon dry mustard
½ teaspoon salt
¼ teaspoon freshly ground pepper
⅛ teaspoon ground red pepper
1 can (14 oz.) tomatoes, cut up
8 ounces sliced baked ham, cut into ¼-inch strips
1 cup frozen peas

Crumb Topping
⅓ cup plain dry bread crumbs
1 tablespoon Parmesan cheese
1 tablespoon chopped fresh parsley

Preheat oven to 375°F. Bring 5 quarts water to boil. Add pasta and cook until almost tender, 9 to 11 minutes; drain. Toss with oil and set aside. Melt butter in medium saucepan over medium-high heat. Add onions and cook until translucent, 3 minutes. Stir in flour and cook 1 minute. Slowly pour milk into saucepan, stirring constantly. Bring to boil, reduce heat and simmer until thickened, 5 minutes. Remove from heat. Whisk in cheese, mustard, salt and peppers. Toss sauce with cooked pasta, tomatoes, ham and peas. Pour into ovenproof casserole.

Combine topping ingredients and sprinkle over casserole. Bake 15 minutes or until golden. Makes 6 servings.

Per serving: 700 calories, 35 gm protein, 27 gm fat, 77 gm carbohydrates, 1,279 mg sodium, 90 mg cholesterol.

ROASTED MINT CHICKEN

pictured on pages 150 and 151

Chopped fresh mint and lemon are slipped under the skin of the chicken for maximum flavor.

Prep time: 10 minutes
Cooking time: 30 minutes

½ cup chopped fresh mint, divided
2 teaspoons grated lemon peel
1 teaspoon minced garlic
1 chicken (3½ lb.), quartered
¼ teaspoon salt
⅛ teaspoon freshly ground pepper
3 tablespoons fresh lemon juice
1 tablespoon olive oil

Preheat oven to 450°F. Combine ¼ cup mint with the lemon peel and garlic in a cup. Spread under skin of each chicken piece; sprinkle chicken lightly with salt and pepper. Stir remaining ¼ cup mint with the lemon juice and oil in small bowl.

Arrange chicken skin side up in shallow roasting pan. Brush with half the lemon-juice mixture. Bake 15 minutes. Brush with remaining lemon juice; bake 15 minutes more. Makes 4 servings.

Per serving: 455 calories, 48 gm protein, 27 gm fat, 2 gm carbohydrates, 279 mg sodium, 154 mg cholesterol.

CRISPY CATFISH

pictured on pages 150 and 151

America has fallen in love with catfish, boosting it to fifth place among the we favor. The buttermilk-and-corn coating keeps this entrée close Southern roots.

Prep time: 5 minutes
Cooking time: 16 to 20 minutes

1 cup yellow cornmeal
½ cup all-purpose flour
½ teaspoon paprika
¼ teaspoon ground red pepper
1 cup buttermilk
4 catfish fillets (6 to 8 oz. each), sk
½ teaspoon salt
¼ teaspoon freshly ground pepper
4 teaspoons vegetable oil
Lemon wedges
Parsley, for garnish

Preheat oven to 200°F. Combine meal, flour, paprika and red pepp pie plate. Pour buttermilk into a s rate pie plate.

Sprinkle both sides of fillets wit and pepper. Dip both sides of eac in buttermilk, then in cornmeal mixt coat. Transfer to wax paper.

Heat 2 teaspoons oil in large nc skillet over medium heat. Add 2 fillet cook until fish is just opaque in cente coating is crisp, 4 to 5 minutes pe Transfer to serving platter and warm in oven. Repeat cooking in skillet with remaining 2 teaspoons o fillets. Serve with lemon wedges an nish with parsley. Makes 4 servings.

Per serving: 480 calories, 43 gm protein, fat, 42 gm carbohydrates, 464 mg sodium, cholesterol.

PASTA PRIMAVERA

pictured on pages 150 and 151

True to its name (primavera means in Italian), this meatless dish boas freshest vegetables of the season.

Prep time: 10 minutes
Cooking time: 5 minutes

2 carrots, julienned
8 ounces asparagus, trimmed and into 1-inch pieces
4 ounces snow peas, trimmed
1 tablespoon olive oil
3 plum tomatoes, diced
1 small yellow pepper, julienned
½ cup sliced green onions
⅔ cup heavy or whipping cream
⅓ cup chicken broth
½ teaspoon salt
¼ teaspoon freshly ground peppe
1 pound spaghettini, cooked acc to package directions
¼ cup freshly grated Parmesan ch

Bring 3 cups salted water to boil in skillet. Add carrots and asparagus; 1 minute. Transfer with slotted spo colander. Add snow peas to wate cook 30 seconds; add to vegetab colander and rinse under cold water; Pour off water from (con

BYE-BYE,
APPLE PIE
Sunlight® has real lemon juice.
You should see how fast we can polish off a pie. Sunlight cuts through the stickiest, crustiest mess in no time. With Sunlight clearing up mom's apple pie is a piece of cake.
With Real Lemon Juice!
SUN LIGHT
AUTOMATIC
Sunlight. We make light work of dishes.

Dinner under a dollar.*

Beef Barley Soup

(main dish recipe)

- *½ lb ground beef*
- *2½ c cold water*
- *1 (14½ oz) can stewed tomatoes, cut up*
- *¾ c sliced carrots*
- *¾ c sliced mushrooms*
- *½ c quick barley, uncooked*
- *2 garlic cloves, minced*
- *1 t dried oregano leaves*
- *Salt and pepper*
- *½ lb VELVEETA Pasteurized Process Cheese Spread, cubed*

Brown meat in large saucepan; drain. Stir in water, tomatoes, carrots, mushrooms, barley, garlic and oregano. Bring to boil; reduce heat. Cover; simmer 10 min or until barley is tender. Season to taste. Stir in VELVEETA cheese spread until melted. Garnish as desired. Six 1-cup servings.

Prep time: 15 min
Cooking time: 20 min

**Cost per main dish serving: $.69. Cost per recipe: $4.16. (Recipe cost based on prices in Chicago-area grocery stores. Prices may vary by location.)*

Cooks Better Than Cheddar.

SUPPERTIME

continued

skillet. Add oil and heat over high heat. Stir in tomatoes and pepper; cook 1 minute. Add green onions, cream and broth. Bring to boil; boil 1 minute. Add asparagus, carrots and snow peas; cook 1 minute more. Season with salt and pepper. Toss with pasta and Parmesan. Makes 4 servings.

Per serving: 665 calories, 21 gm protein, 22 gm fat, 96 gm carbohydrates, mg sodium, 59 mg cholesterol.

CINCO DE MAYO CASSEROLE

pictured on pages 150 and 151

May 5 is fiesta time in Mexico. To celebrate, we've cooked up hearty chili, then turned it into a party by adding a cornm layer and a garnish of cut-up veggies.

Prep time: 30 minutes plus cooling
Cooking time: 25 minutes

Cornmeal Layer
- 1½ cups yellow cornmeal
- 1 teaspoon salt
- 4 cups cold water
- 2 tablespoons butter or margarine
- 1 cup shredded sharp Cheddar cheese

5½ cups Double-Header Chili (recipe follows), heated

Toppings
- 1 container (8 oz.) sour cream
- 2 cups shredded Romaine or iceberg lettuce
- 1 cup shredded sharp Cheddar cheese
- 2 plum tomatoes, diced
- 2 green onions, sliced
- ½ ripe avocado, diced
- ½ cup pitted sliced ripe olives

Cornmeal Layer: Whisk cornmeal, salt and water together large saucepan. Bring to boil over medium-high heat, whisk constantly. Cook until thickened, 1 to 2 minutes. Remove fr heat and stir in butter and cheese until melted.

Immediately pour cornmeal mixture into shallow 3-quart c serole. Cool until firm, 30 minutes. *(Can be made ahead. Co and refrigerate chili and cornmeal layers separately. Assem casserole, cover and bake in preheated 375°F. oven 1 hou until heated through.)* Preheat oven to 375°F. Spread top casserole with chili. Cover and bake 25 minutes or until hea through. Garnish with toppings. Makes 8 servings.

Per serving: 545 calories, 34 gm protein, 31 gm fat, 33 gm carbohydrates, 1, mg sodium, 124 mg cholesterol.

DOUBLE-HEADER CHILI

A no-fuss feast that makes two meals, with or without beans

Prep time: 10 minutes
Cooking time: 2 to 2½ hours

- 4 pounds boneless lean beef chuck, cut into 1-inch cubes
- 6 cups chopped onions
- 1 bottle (12 oz.) beer
- ½ cup chili powder
- 6 tablespoons tomato paste
- 2 tablespoons seeded, minced jalapeño chile
- 2 tablespoons minced garlic
- 2½ teaspoons salt
- 1 teaspoon freshly ground pepper

Preheat oven to 325°F. Combine all ingredients in heavy Du oven. Cover tightly and cook 2 to 2½ hours, until meat is v tender. *(Can be made ahead. Cover and refrigerate up 3 days. Or freeze up to 1 month.)* Makes 11 cups.

Per cup: 310 calories, 34 gm protein, 13 gm fat, 13 gm carbohydrates, 75(sodium, 107 mg cholesterol.

ili with Beans: Combine 5½ cups chili with 1 can (19 oz.) red dney beans, drained and rinsed, in large saucepan. Cook over edium heat until heated through, 10 minutes. Makes 7 cups.

r cup: 300 calories, 31 gm protein, 11 gm fat, 18 gm carbohydrates, 690 mg dium, 84 mg cholesterol.

ORK CHOPS INSALATA

e've skipped the sauce for these thin pork chops by serving lad on top to add moisture and texture to the meat.

ep time: 20 minutes plus standing
oking time: 12 to 16 minutes

alata
2 plum tomatoes, diced
3 tablespoons chopped red onion
1 tablespoon balsamic vinegar
1 teaspoon olive oil
¼ teaspoon salt
⅛ teaspoon freshly ground pepper
Pinch basil
4 cups torn Boston lettuce leaves
3 cups watercress, trimmed

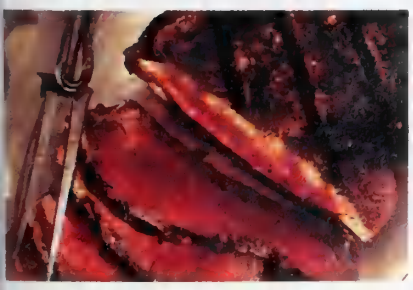
rib pork chops, ½-inch thick (2 lb. total)
teaspoon salt
teaspoon freshly ground pepper
cup all-purpose flour
large egg beaten with 1 tablespoon water
cup plain dry bread crumbs
tablespoons olive oil, divided

alata: Combine tomatoes, onion, vinegar, oil, salt, pepper d basil in large bowl. Let stand at least 20 minutes. Just fore serving, add greens and toss to coat.

Pound chops ¼-inch thick between 2 sheets of wax paper. rinkle with salt and pepper. Place flour, beaten egg and ead crumbs in each of 3 pie plates. Dip each chop first in ur, shaking off excess, then egg, then bread crumbs. Heat ablespoon olive oil in large skillet over medium-high heat. d half the chops and cook 3 to 4 minutes per side; remove d keep warm. Add remaining 1 tablespoon oil to skillet and eat with remaining chops. Arrange chops on plates and top h insalata. Makes 4 servings.

serving: 720 calories, 40 gm protein, 51 gm fat, 24 gm carbohydrates, 684 sodium, 184 mg cholesterol.

ICY STEAK



spices are rubbed into the meat as a "dry rub" *(continued)*

Dinner under a dollar.*

Cheese 'N Sausage Strata

(main dish recipe)

½ lb bulk pork sausage
¾ c sliced mushrooms
¼ c sliced green onions
½ lb VELVEETA Pasteurized Process Cheese Spread, cubed
4 c (¾") bread cubes
1 c milk
4 eggs, beaten

Brown sausage; drain. Add vegetables, continue cooking 5 min; drain. Set aside to cool 10 min. Stir together sausage mixture, VELVEETA cheese spread and bread cubes; place in greased 8" sq baking dish. Beat milk and eggs. Pour over sausage mixture. Cover; refrigerate several hours. Preheat oven to 350°. Remove cover. Bake 50 to 55 min or until golden brown. Let stand 10 min before serving. Garnish as desired. 6 servings.

Prep time: 20 min plus chilling
Cooking time: 1 hr

**Cost per main dish serving: $.80. Cost per recipe: $4.83. (Based on prices in Chicago-area grocery stores. Prices may vary by location.)*

KRAFT Velveeta PASTEURIZED PROCESS CHEESE SPREAD

Cooks Better Than Cheddar.

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...AND YOU THINK YOU'RE BOGGED DOWN.

I've worked in the bogs since I was five. My grandad grew cranberries and so do I. In fact, the whole family does. But not one of us drinks juice squeezed right from the berry. Even though it's considered nutritious, the naturally concentrated taste makes the juice too tart to drink. But we found a way to change it.

Sixty years ago, our family joined the Ocean Spray family of growers. And we began making cranberry drinks that *weren't* too tart to drink. We mixed cranberry juice with natural fruit juices, sweeteners and crystal clear water, keeping in the naturally tangy flavor of the cranberry. We still make every blend the same way. And we make this commitment to you: We will never compromise the good taste and good health of Ocean Spray juice drinks.

Ocean spray

OCEAN SPRAY® CRANBERRY DRINKS

A commitment of good health from our family to yours.

■ SUPPERTIME
continued

marinade. Prepare this low-cal, low-fat entrée ahead and refrigerate until ready to grill.

Prep time: 5 minutes plus marinating ○
Cooking time: 16 to 20 minutes

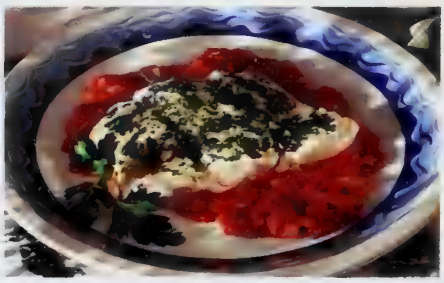
- 2 teaspoons paprika
- 2 teaspoons cumin
- 1 teaspoon ground coriander
- 1 teaspoon kosher salt
- 1 teaspoon cracked pepper
- 1½ pounds top round steak, 1½-inches thick, trimmed
- 2 teaspoons minced garlic

Combine spices, salt and pepper in cup. Rub both sides of steak with garlic. Coat all sides evenly with spice mixture. Wrap well and refrigerate overnight.

Heat cast-iron grill pan or skillet over medium-high heat until very hot, 5 minutes. Add steak and cook 8 to 10 minutes per side for medium-rare. Transfer to carving board and let stand 10 minutes before slicing. Makes 6 servings.

Per serving: 150 calories, 26 gm protein, 4 gm fat, 1 gm carbohydrates, 307 mg sodium, 65 mg cholesterol.

COD FILLET WITH HERBED TOMATO SAUCE



Busy cooks know that the microwave can turn fish into a masterpiece. And while it cooks, the sauce is prepared on the stove.

Prep time: 15 minutes ○Ⓜ
Microwave time: 6 to 8 minutes

Tomato Sauce
- 1 tablespoon olive oil
- ¼ cup finely chopped onion
- 1 teaspoon minced garlic
- 1 can (14 oz.) tomatoes
- ¼ teaspoon salt
- ⅛ teaspoon thyme
- 2 tablespoons chopped flat-leaf parsley

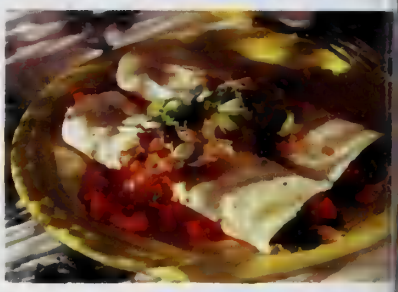
- 1½ pounds cod fillet, 1-inch thick
- 3 tablespoons chopped flat-leaf parsley
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon minced garlic
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

Tomato Sauce: Heat oil in medium skillet over medium heat. Add onion and cook until tender, 3 minutes. Stir in garlic and cook 10 seconds. Add tomatoes, salt and thyme; cook over high heat, breaking tomatoes with spoon, until thick, about minutes more. Remove from heat stir in parsley.

Meanwhile, cut cod into 4 pieces arrange in shallow microwaveproof Combine parsley, oil, garlic, salt and per in small bowl; spread over cod. er with wax paper and microwave High 6 to 8 minutes, or until co opaque throughout. Spread tom sauce on serving platter and arrange on top. Makes 4 servings.

Per serving: 225 calories, 32 gm protein, 8 gm gm carbohydrates, 526 mg sodium, 73 mg choles

MICRO BLACK-BEAN ENCHILA



This vegetarian supper is cooked start to finish in the microwave.

Prep time: 15 minutes
Microwave time: 10 minutes

- 1 cup chopped onions
- 1 tablespoon minced garlic
- 2 teaspoons chili powder
- 2 teaspoons cumin
- ¼ teaspoon oregano
- ¼ teaspoon salt
- ⅛ teaspoon ground red pepper
- 1 can (14 oz.) tomatoes, chopped, with juice
- 2 cans (15 oz. each) black beans, drained and rinsed
- 6 flour tortillas (7-inch)
- 2 cups shredded Monterey jack che divided
- 1 can (4 oz.) chopped green chilies drained
- ¼ cup chopped green onions
- 2 tablespoons chopped fresh cilantr or parsley

Combine onions and garlic in me microwaveproof bowl. Cover with paper or plastic wrap, turning back section to vent. Microwave on Hi minutes. Stir in chili powder, cumin, ano, salt and red pepper. Cover microwave 1 minute. Stir in toma microwave uncovered 3 minutes Transfer 1 cup of the tomato mixtu another bowl, add beans and to combine. Reserve the remaining mi for topping.

For each enchilada, sprinkle ¼ cheese down center of 1 tortilla. Top 1 heaping tablespoon green chilies ½ cup black-bean mixture. Roll up place seam side down in 13x9 microwaveproof casserole. Repeat

maining tortillas and ingredients. Spoon remaining tomato ixture over enchiladas; sprinkle with remaining ½ cup cheese. over and microwave 4 minutes, turning dish once halfway rough, until heated through. Sprinkle with green onions and antro. Makes 6 servings.

r serving: 370 calories, 19 gm protein, 13 gm fat, 45 gm carbohydrates, 964 sodium, 33 mg cholesterol.

ASHED POTATOES

ctured on pages 150 and 151

e potato is everyone's favorite vegetable. We like it mashed th the skin for added fiber and flavor. For a change of taste, our savory variations.

ep time: 5 minutes
ooking time: 20 to 25 minutes

Ⓜ

pounds small red or white potatoes
teaspoon salt, divided
cup milk
tablespoons butter or margarine
teaspoon freshly ground pepper

mbine potatoes and ½ teaspoon salt with water to cover in ge saucepan. Bring to boil and cook until fork-tender, 15 to minutes. Drain in colander. Return potatoes to saucepan; ver and keep warm.

Combine milk and butter in 2-cup glass measure. Microwave High 2 minutes. Add to potatoes and mash with potato asher to blend. Season with ½ teaspoon salt and the pepper. akes 6 servings.

serving: 160 calories, 3 gm protein, 7 gm fat, 22 gm carbohydrates, 263 mg ium, 19 mg cholesterol.

riations: Prepare mashed potatoes as directed except:

reen Chile: Add ¼ cup canned chopped green chilies to milk d butter. Microwave as directed. Add 1 cup shredded sharp eddar cheese to potatoes and mash.

serving: 235 calories, 8 gm protein, 13 gm fat, 22 gm carbohydrates, 415 sodium, 39 mg cholesterol.

ur Cream and Horseradish: Reduce milk to ⅓ cup. Add cup sour cream and 2 teaspoons prepared horseradish to tatoes and mash.

serving: 195 calories, 3 gm protein, 10 gm fat, 22 gm carbohydrates, 176 sodium, 26 mg cholesterol.

PER SIDES

hen it's take-out night, you don't have to serve only the food t you've ordered to go. Toss together one of these tasty side hes with ingredients at hand while you're waiting for the trée—whether it's burgers, pizza or ribs—to arrive.

EAMY CAESAR SALAD

mbine ¼ cup mayonnaise or salad dressing, 2 tablespoons shly grated Parmesan cheese, 1 tablespoon fresh lemon ce, 1 tablespoon water and ¼ teaspoon *each* freshly ground pper, minced garlic and anchovy paste. Toss with 8 cups torn maine lettuce. Makes 4 servings.

serving: 130 calories, 3 gm protein, 12 gm fat, 4 gm carbohydrates, 153 mg um, 11 mg cholesterol.

EAMY PINEAPPLE SLAW

mbine ¾ cup mayonnaise, ½ cup canned crushed pineap-, ½ teaspoon minced garlic, 1 tablespoon warm water, ½ spoon salt and ¼ teaspoon pepper in large serving bowl. ss with 6 cups shredded green cabbage (1½ lb.) and up shredded carrots. Makes 6 servings.

serving: 245 calories, 2 gm protein, 22 gm fat, 12 gm carbohydrates, 366 sodium, 16 mg cholesterol.

(continued)

Dinner under a dollar.*

Midwest Meatloaf with Cheese Sauce
(main dish recipe)

½ lb VELVEETA Pasteurized Process Cheese Spread, cubed
¼ c milk
2 t dry mustard
1 lb ground beef
⅓ c old fashioned or quick oats, uncooked
¼ c catsup
¼ c finely chopped onion

Preheat oven to 350°. Stir VELVEETA cheese spread, milk and mustard in small saucepan over low heat until smooth. Reserve ¾ cup VELVEETA cheese spread sauce. Mix remaining ¼ cup VELVEETA cheese spread sauce and remaining ingredients in large bowl until well blended. Shape into 8 x 3-inch loaf in 10 x 6-inch baking dish. Bake 40 min. Serve with reserved VELVEETA cheese spread sauce. Garnish as desired. 4 servings.

Prep time: 15 min
Cooking time: 40 min

**Cost per main dish serving: $.94. Cost per recipe: $3.77. (Recipe cost based on prices in Chicago-area grocery stores. Prices may vary by location.)*

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SUPPERTIME
continued

SPICY CORN-AND-BEAN SALAD

In large serving bowl combine 1 can (19 oz.) drained and rinsed kidney beans, 1 package (10 oz.) frozen corn, thawed, 2 teaspoons olive oil, 4 teaspoons red wine vinegar, 3 green onions, minced, and ¼ teaspoon *each* cumin, salt and pepper. Toss to coat. Makes 4 servings.

Per serving: 180 calories, 9 gm protein, 4 gm fat, 31 gm carbohydrates, 305 mg sodium, 0 mg cholesterol.

BBQ MICRO BEANS

Preheat broiler. Combine 1 can (15 or 16 oz.) *each* pinto and butter beans, drained and rinsed, 2 tablespoons chili sauce, 2 tablespoons unsulfured molasses, 1 teaspoon cider vinegar, ½ teaspoon dry mustard, and ¼ teaspoon *each* salt and pepper in large bowl. Pour mixture into 1-quart ovenproof, microwaveproof casserole. Top with 2 slices uncooked bacon, cut into 1-inch pieces.

Cover casserole with lid or plastic wrap; microwave on High 5 minutes or until bubbly. Uncover and broil 1 minute or until bacon pieces are crisp. Makes 6 servings.

Per serving: 160 calories, 7 gm protein, 5 gm fat, 22 gm carbohydrates, 566 mg sodium, 5 mg cholesterol.

LEMONY PEAS AND ZUCCHINI

In microwaveproof serving dish combine 1 package (10 oz.) frozen peas, 2 small zucchini, halved lengthwise and sliced, ½ teaspoon grated lemon peel, 1 tablespoon butter or margarine, ½ teaspoon salt, ¼ teaspoon pepper and ⅛ teaspoon tarragon. Cover with plastic wrap, turning back one section to vent. Microwave on High 3 to 4 minutes, until vegetables are tender. Makes 4 servings.

Per serving: 90 calories, 4 gm protein, 3 gm fat, 11 gm carbohydrates, 384 mg sodium, 8 mg cholesterol.

QUICK BREAD TOPPERS

Preheat oven to 350°F. Microwave 3 tablespoons butter or margarine on High in microwaveproof cup 30 seconds or until melted. Add desired seasonings and brush butter mixture onto bread, such as Italian bread, pita bread, ready-made focaccia or rolls. Bake breads until toasted. Makes 6 servings.

Per serving: Without bread or seasonings, 55 calories, 0 gm protein, 6 gm fat, 0 gm carbohydrates, 59 mg sodium, 16 mg cholesterol.

Spicy Topper: Add 2 teaspoons lemon juice, ¼ teaspoon *each* salt and freshly black pepper, and ⅛ teaspoon *each* white pepper and red pepper flakes.

Per serving: 50 calories, 0 gm protein, 6 gm fat, 0 gm carbohydrates, 149 mg sodium, 16 mg cholesterol.

Sesame Topper: Add 1 teaspoon Or
sesame oil, 1 tablespoon toasted se
seeds and ¼ teaspoon salt.

Per serving: 65 calories, 0 gm protein, 7 gm fat
carbohydrates, 149 mg sodium, 16 mg cholest

Herb Topper: Add ½ teaspoon sage a
teaspoon *each* thyme, oregano and s

Per serving: 50 calories, 0 gm protein, 6 gm fat
carbohydrates, 149 mg sodium, 16 mg cholest

FRENCH SPONGE COOKIES

*The good news: These luscious co
are not off-limits to some diabetics
others who must restrict their sugar in*

Prep time: 10 minutes
Baking time: 10 minutes

½ cup sifted cake flour (not self-risin
¾ teaspoon baking powder
¼ teaspoon salt
3 large eggs, separated
½ teaspoon almond extract
¼ teaspoon vanilla extract
6 tablespoons sugar

Preheat oven to 350°F. Lightly
2 cookie sheets with vegetable co
spray. Sift flour, baking powder an
together. Beat egg yolks with almon
vanilla extracts in mixer bowl until pal
thick. In clean mixer bowl, with clean
ers, beat egg whites to soft peaks. B
sugar 1 tablespoon at a time, until stif
glossy. Gently fold in egg yolks. Fold
ingredients just until blended. Drop by
tablespoonfuls 2 inches apart onto
pared cookie sheets. Bake 10 minutes c
golden. Carefully transfer to wire ra
cool completely. Makes 4 dozen.

Per cookie: 15 calories, 0 gm protein, 0 gm fat
carbohydrates, 22 mg sodium, 13 mg chol
Four cookies equals 1 bread or starch exchang

From THE ART OF DIABETIC COOKING, by Mary Abb
and Katharine Middleton, Contemporary Books, 1988

FAST CHOCOLATE SAUCES

We want dessert, and we want it

RSATILE VEGGIES

Vegetables don't ever have to be boring—they can cook up quickly in so many ways. Below, a guide to sting or microwaving the best-of-any-season vegetables for our super side dishes. Each dish makes four servings.

ROCCOLI	ASPARAGUS	CAULIFLOWER	SQUASH
head broccoli (16 oz.), trimmed and cut into long florets tablespoon olive oil garlic clove, slivered tablespoons water teaspoon salt teaspoon red pepper flakes	1 pound asparagus, trimmed 1 tablespoon olive oil 2 tablespoons water ¼ teaspoon salt ⅛ teaspoon pepper 2 teaspoons toasted sesame seeds	1 head cauliflower (16 oz.), cut into florets 1 tablespoon olive oil 2 tablespoons water ¼ teaspoon salt ⅛ teaspoon pepper ¼ teaspoon paprika 1 tablespoon plain dry bread crumbs 2 teaspoons chopped parsley	2 small zucchini (¾ lb.), trimmed and quartered lengthwise 2 small yellow squash (¾ lb.), trimmed and quartered lengthwise 1 tablespoon olive oil 2 tablespoons water ¼ teaspoon salt ⅛ teaspoon pepper
eheat oven to 450°F. Combine all ingredients on jelly-roll an. Cover tightly with foil. Bake minutes. Bake uncovered 7 inutes more or until just nder.	Preheat oven to 450°F. Combine all ingredients except sesame seeds in jelly-roll pan. Cover tightly with foil. Bake 7 minutes. Bake uncovered 7 minutes more or until just tender. Sprinkle with sesame seeds.	Preheat oven to 450°F. Combine all ingredients except crumbs and parsley. Arrange on jelly-roll pan. Cover tightly with foil. Bake 10 minutes. Sprinkle with bread crumbs. Bake uncovered 7 minutes or until tender. Garnish with parsley.	Preheat oven to 450°F. Combine all ingredients on jelly-roll pan. Cover tightly with foil. Bake 7 minutes. Uncover and cook until tender, 5 to 7 minutes.
mbine all ingredients except red pepper in microwaveoof serving dish. Cover with astic wrap, turning back one ction to vent. Microwave on gh 3 to 4 minutes. Sprinkle th red pepper.	Combine all ingredients except pepper, and sesame seeds in microwaveproof serving dish. Cover with plastic wrap, turning back one section to vent. Microwave on High 3 to 5 minutes, until tender. Toss with pepper and sesame seeds.	Combine first 4 ingredients in microwaveproof serving dish. Cover with plastic wrap, turning back one section to vent. Microwave on High 3 to 5 minutes, until tender. Sprinkle with pepper, paprika, bread crumbs and parsley.	Combine all ingredients except pepper in microwaveproof serving dish. Cover with plastic wrap turning back one section to vent. Microwave on High 3 to 5 minutes, until tender. Season with pepper.
r serving: 50 calories, 2 gm protein, 4 gm fat, 4 gm carbohydrates, 4 mg sodium, 0 mg cholesterol.	**Per serving:** 50 calories, 2 gm protein, 4 gm fat, 3 gm carbohydrates, 136 mg sodium, 0 mg cholesterol.	**Per serving:** 45 calories, 1 gm protein, 4 gm fat, 3 gm carbohydrates, 154 mg sodium, 0 mg cholesterol.	**Per serving:** 55 calories, 2 gm protein, 4 gm fat, 6 gm carbohydrates, 139 mg sodium, 0 mg cholesterol.

olution: microwave chocolate sauces op the gang's favorite ice-cream rs.

Sauce: Heat ½ cup heavy or whipping cream in microwaveproof 2-cup ure on High 1 minute or until boiling. n ½ cup semisweet chocolate chips melted. Serve over ice cream. Makes p.

lespoon: Without ice cream, 70 calories, 1 gm , 6 gm fat, 5 gm carbohydrates, 4 mg sodium, cholesterol.

ted Almond Sauce: Prepare as e. Stir in ¼ cup chopped toasted nds. Makes 1 cup.

lespoon: 65 calories, 1 gm protein, 5 gm fat, arbohydrates, 3 mg sodium, 10 mg cholesterol.

nut Sauce: Prepare as above. Stir in shredded coconut. Makes 1 cup.

lespoon: 60 calories, 1 gm protein, 5 gm fat, arbohydrates, 6 mg sodium, 10 mg cholesterol.

ge Sauce: Prepare as above. Stir in spoon grated orange peel. Makes p.

lespoon: 75 calories, 1 gm protein, 6 gm fat, arbohydrates, 4 mg sodium, 14 mg cholesterol. ■

es developed by Carol Prager, Lisa erd and Karen J. M. Tack.

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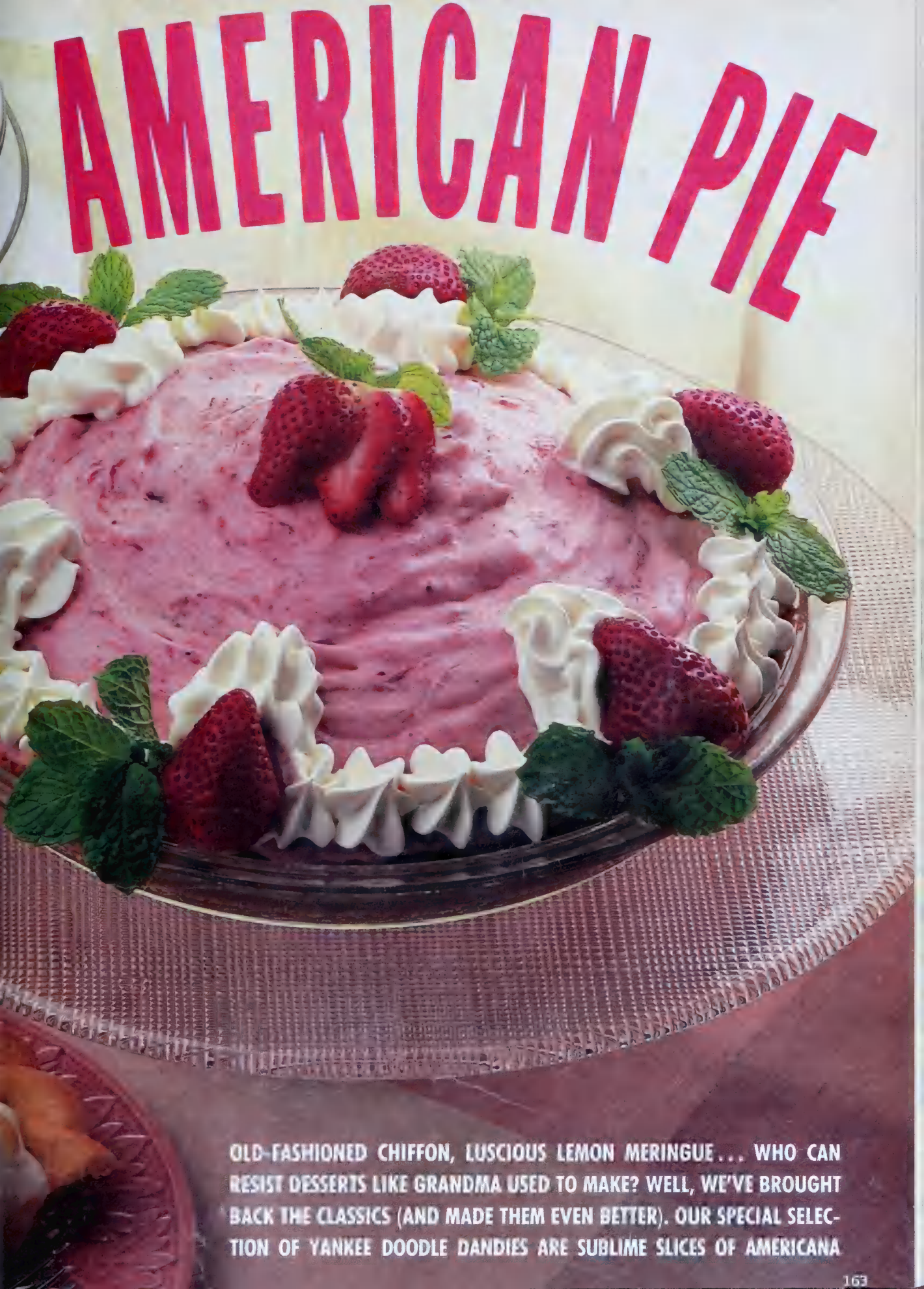
DREAM PIES, FROM LEFT: LEMON MERINGUE PIE, GRASSHOPPER PIE AND STRAWBERRY CHIFFON PIE

AMERICAN PIE



OLD-FASHIONED CHIFFON, LUSCIOUS LEMON MERINGUE... WHO CAN RESIST DESSERTS LIKE GRANDMA USED TO MAKE? WELL, WE'VE BROUGHT BACK THE CLASSICS (AND MADE THEM EVEN BETTER). OUR SPECIAL SELECTION OF YANKEE DOODLE DANDIES ARE SUBLIME SLICES OF AMERICANA

AMERICAN PIE
continued

Easy · Moderate · Challenging · (M) Microwave

CHOCOLATE CREAM PIE

This dessert is a true nostalgia trip: dark-chocolate pudding nestled in a crisp crust and topped with sweet whipped cream.

Prep time: 20 minutes plus chilling ○

Filling
- 1 cup sugar
- ¼ cup cornstarch
- ¼ teaspoon salt
- 2¾ cups milk
- 3 large egg yolks
- 3 squares (3 oz.) unsweetened chocolate, coarsely chopped
- 1 tablespoon butter or margarine
- 1 teaspoon vanilla extract

1 single 9-inch baked pastry crust
1 cup heavy or whipping cream and 2 tablespoons sugar, beaten until stiff

Filling: Combine sugar, cornstarch and salt in large saucepan. Gradually whisk in milk until smooth. Bring to boil over medium-high heat, stirring gently; boil 1 minute. Remove from heat.

Beat egg yolks lightly in small bowl. Gradually whisk in 1 cup hot filling mixture; return to saucepan, whisking constantly. Return to boil and boil 1 minute more. Remove from heat; whisk in chocolate, butter and vanilla until completely smooth. Pour filling into baked pastry crust. Cool 15 minutes on wire rack. Cover filling and refrigerate at least 3 hours. Just before serving, spread pie with whipped cream. Makes 8 servings.

Per serving: 520 calories, 8 gm protein, 32 gm fat, 55 gm carbohydrates, 232 mg sodium, 152 mg cholesterol.

COCONUT CREAM PIE

It's worth an extra thirty minutes of exercise for a treat like this. The toasted coconut on top looks pretty and tastes great.

Prep time: 20 minutes plus chilling ○

Filling
- ⅔ cup sugar
- ¼ cup cornstarch
- ¼ teaspoon salt
- 2½ cups milk
- ½ cup heavy or whipping cream
- 3 large egg yolks
- 1⅓ cups shredded coconut
- 1 tablespoon butter or margarine
- 2 teaspoons vanilla extract

1 single 9-inch baked pastry crust
¾ cup heavy or whipping cream, beaten until stiff
½ cup shredded coconut, toasted

Filling: Combine sugar, cornstarch and salt in large saucepan. Gradually whisk in milk and cream until smooth. Bring to boil over medium-high heat, stirring gently; boil 1 minute. Remove from heat.

Beat egg yolks lightly in small bowl. Gradually whisk in 1 cup hot filling mixture, then return to saucepan, whisking constantly. Boil 1 minute more. Remove from heat; stir in coconut, butter and vanilla to blend. Immediately pour filling into baked pastry crust. Cool on wire rack 15 minutes. Cover filling and refrigerate at least 3 hours. Just before serving, spread pie with whipped cream; sprinkle with toasted coconut. Makes 8 servings.

Per serving: 525 calories, 7 gm protein, 34 gm fat, 48 gm carbohydrates, 274 mg sodium, 161 mg cholesterol.

CARAMEL PIE

pictured on page 149

The key to the wonderful flavor and color is caramelizing granulated sugar, then stirring it into the milk.

Prep time: 40 minutes plus chilling ◒

Filling
- ¾ cup plus 2 tablespoons sugar
- ¼ cup water
- ¼ cup cornstarch
- ¼ teaspoon salt
- 2 cups milk
- 1 cup heavy or whipping cream
- 4 large egg yolks
- 2 teaspoons vanilla extract

1 single 9-inch baked pastry crust

Praline (optional)
- ¾ cup sugar
- ¼ cup water
- ½ cup sliced almonds

Whipped cream (optional)

Filling: Combine ¾ cup sugar and water in large saucepan. Cook over medium heat until sugar is melted and turns a deep amber color, about 12 to 15 minutes. Do not stir. (Be careful not to burn.)

Meanwhile, combine remaining 2 tablespoons sugar, cornstarch and salt in large bowl. Gradually whisk in milk and cream until smooth. When sugar is c melized, remove saucepan from h Carefully add cream mixture, whiskir steady stream, until blended (mixture foam vigorously). Return to heat bring to boil, stirring gently to diss any remaining hardened caramel. B minute; remove from heat.

Beat egg yolks lightly in small b Gradually whisk in 1 cup hot filling ture. Return to saucepan, whisking stantly. Boil 1 minute more. Remove heat and stir in vanilla. Immediately filling into baked pastry crust. Coo minutes on wire rack. Cover filling refrigerate at least 3 hours. Just be serving, garnish with Praline and whip cream. Makes 8 servings.

Praline: Line 1 cookie sheet with foil oil lightly. Combine sugar and wate medium saucepan. Cook over me heat until sugar is melted and tur deep amber color, about 12 to 15 mi (do not stir). Add almonds, swirling p coat nuts. Immediately pour hot mi onto prepared pan in even ⅛-inch- layer. Cool completely. Peel off foil crack into large serving pieces.

Per serving: Without Praline or whipped cream calories, 6 gm protein, 25 gm fat, 38 gm drates, 206 mg sodium, 171 mg cholesterol.

LEMON MERINGUE PIE

pictured on pages 162 and 163

The queen of meringue pies. To pr the meringue from shrinking away the filling, keep the filling warm i saucepan.

Prep time: 35 minutes plus chilling
Baking time: 8 minutes

Filling
- 1¼ cups sugar
- ⅓ cup cornstarch
- 1½ cups water
- 4 large egg yolks
- ½ cup fresh lemon juice
- 2 teaspoons grated lemon peel
- 1 tablespoon butter or margarin

Meringue
- 4 large egg whites, at room temperature
- ⅓ cup sugar

1 single 9-inch baked pastry crust

Filling: Preheat oven to 350°F. Cor sugar and cornstarch in large sauc Gradually whisk in water until sm Bring to boil over medium-high heat ring; boil 1 minute. Remove from he

Beat egg yolks in small bowl. Grad whisk in 1 cup hot filling mixture, return to saucepan, whisking const Whisk in lemon juice and peel and 1 minute more. Remove from heat; butter until smooth. Cover surface ing with plastic wrap.

Meringue: Beat egg whites in mixer to soft peaks. Gradually beat in sug tablespoon at a time. *(conti*

Big Raves

With Easy Little Cheese Cakes.*

MINI-CHEESECAKES

(Makes 12)

12 vanilla wafers
2 8 oz. packages cream cheese, softened
½ c. sugar
1 tsp. vanilla
2 eggs

Line muffin tin with foil liners.

Place one vanilla wafer in each liner. ◊ Mix cream cheese,vanilla and sugar on medium speed until well-blended. ◊ Add eggs. Mix well. Pour over wafers, filling ¾ full. Bake 25 min. at 325°.

Remove from pan when cool. ◊ Chill. ◊ Top with fruit, preserves, nuts or chocolate. ◊ Be creative!

*Actual size is cupcake size.

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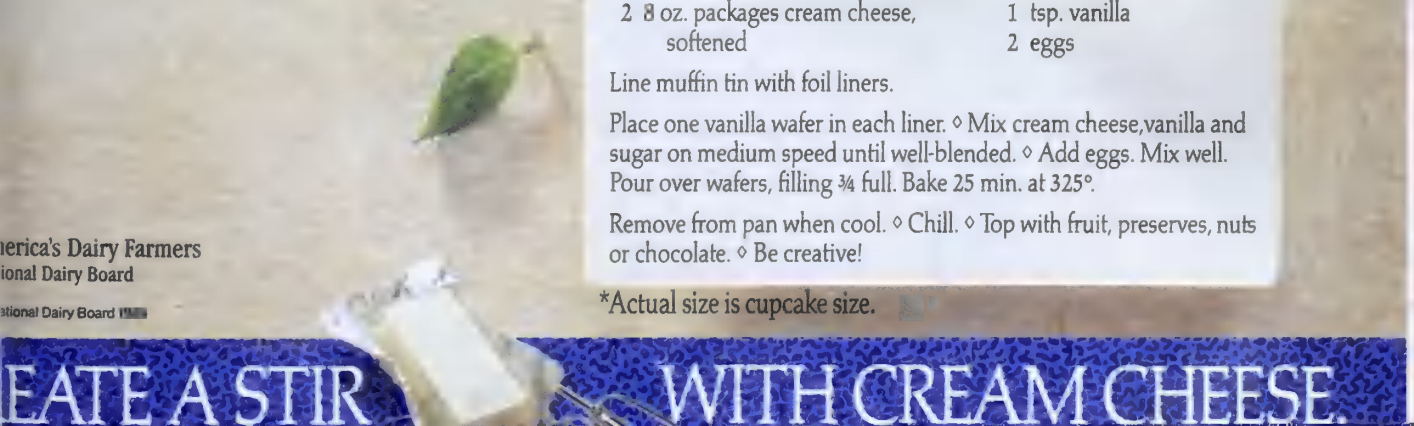

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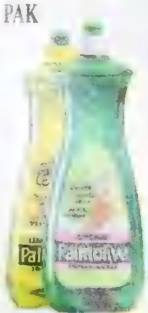


Good Housekeeping PROMISES

■ AMERICAN PIE
continued

Continue beating until stiff peaks form.

Pour hot filling into baked pastry crust. Immediately spoon on meringue, spreading onto edge of crust. Bake 6 to 8 minutes, until top is golden. Cool 30 minutes on wire rack. Refrigerate until filling is firm, at least 4 hours. Makes 8 servings.

Per serving: 375 calories, 5 gm protein, 13 gm fat, 61 gm carbohydrates, 140 mg sodium, 126 mg cholesterol.

GRASSHOPPER PIE

pictured on pages 162 and 163

First came the cocktail of the same name, but it's the pie that has endured. The chocolate crumb crust is a must, and for best flavor, use good-quality liqueurs.

Prep time: 55 minutes plus chilling

Filling
- 1 envelope unflavored gelatin
- ¾ cup milk
- 4 large eggs, separated, at room temperature
- ¾ cup sugar, divided
- ⅛ teaspoon salt
- 3 tablespoons crème de menthe liqueur
- 3 tablespoons white crème de cacao liqueur
- ½ cup heavy or whipping cream, beaten until stiff

Chocolate Crumb Crust
- 1½ cups chocolate wafer cookie crumbs
- ¼ cup butter or margarine, melted

Whipped cream and chocolate shavings, for garnish (optional)

Filling: Sprinkle gelatin over milk in double boiler; set aside and let soften 3 minutes. Whisk in eggs, ½ cup sugar and salt. Cook over simmering water, stirring constantly, until gelatin is completely dissolved, 8 minutes. Remove from heat and stir in liqueurs. Transfer mixture to large bowl and place in larger bowl filled with ice water. Cool, stirring occasionally, until mixture mounds slightly when dropped from spoon, about 10 minutes.

Meanwhile, beat egg whites in mixer bowl to soft peaks. Gradually beat in remaining ¼ cup sugar until stiff peaks form. Remove custard mixture from ice water; fold in beaten whites. Fold in whipped cream until blended. Return to ice bath until mixture mounds when dropped from a spoon, 5 to 10 minutes. Scoop filling into prepared crust; smooth top with spatula. Refrigerate until filling is firm, at least 4 hours. Garnish with whipped cream and chocolate shavings. Makes 8 servings.

Chocolate Crumb Crust: Preheat oven to 350°F. Combine crumbs and butter in medium bowl and toss until mixture is evenly moistened. Press into 9-inch pie plate. Bake 10 minutes. Cool comp on wire rack.

Per serving: 355 calories, 6 gm protein, 17 g 39 gm carbohydrates, 275 mg sodium, 145 m lesterol.

STRAWBERRY CHIFFON PIE

pictured on pages 162 and 163

The essence of springtime is this stra ry-and-whipped-cream filling that light as a cloud.

Prep time: 50 minutes plus chilling

Filling
- 2 packages (10 oz. each) strawb in light syrup, thawed
- 1 tablespoon fresh lemon juice
- 1 envelope plus 1 teaspoon unflavored gelatin
- 3 large egg whites, at room temperature
- ⅓ cup sugar
- ½ cup heavy or whipping cream, beaten until stiff

Vanilla Crumb Crust
- ⅓ cup blanched slivered almon
- 2½ cups vanilla wafer cookies
- ¼ cup butter or margarine, melt

Whipped cream, mint leaves and fre strawberries, for garnish (optional

Filling: Strain syrup from strawb through sieve into small saucepar aside. Transfer berries to large bow crush with potato masher or fork; lemon juice and set aside.

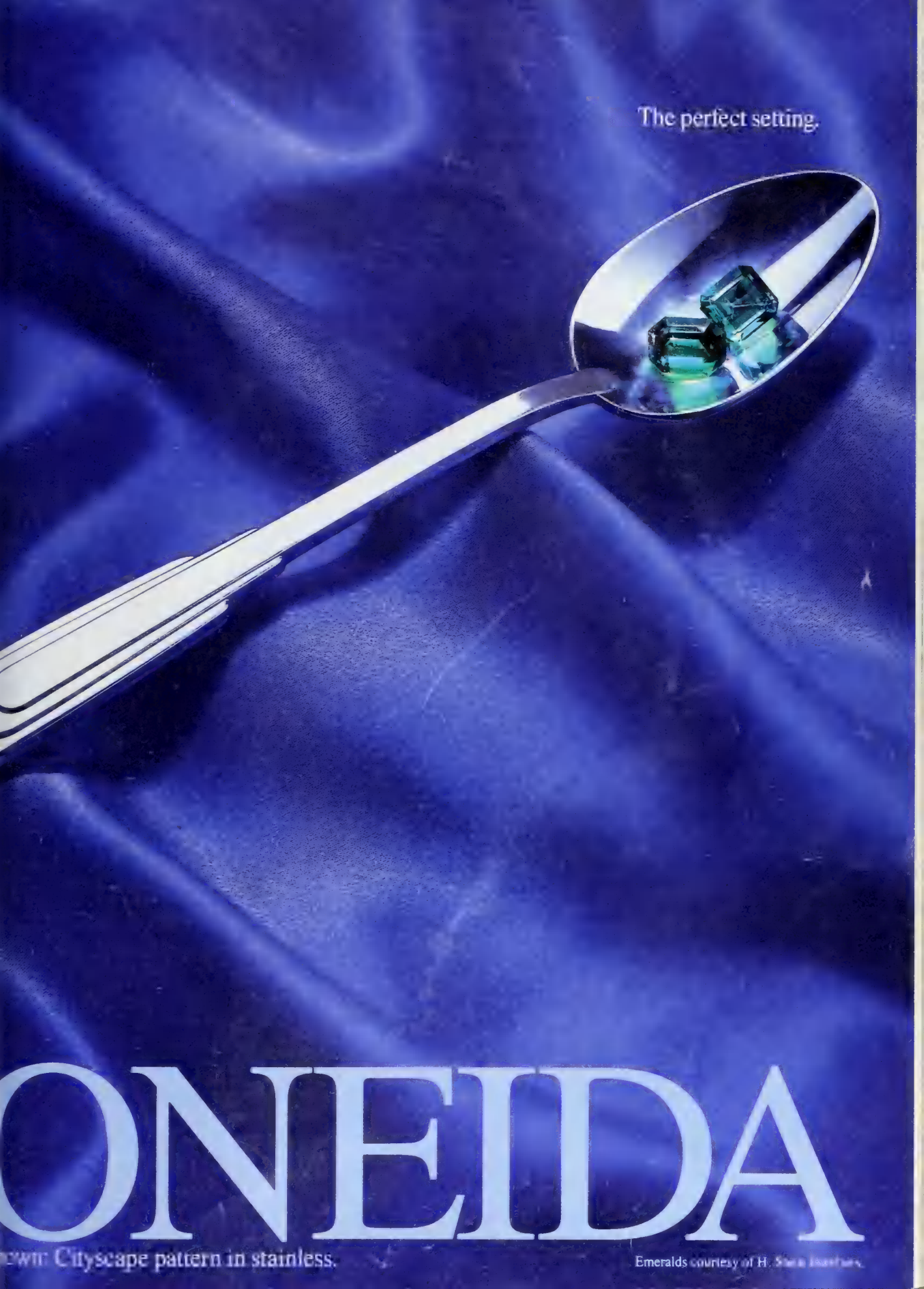
Sprinkle gelatin over reserved syr saucepan; let soften 3 minutes. Cook ring, over low heat until gelatin is pletely dissolved, 10 minutes. Stir mixture into crushed strawberries. bowl in larger bowl filled with ice w Cool, stirring occasionally, until mi mounds slightly when dropped spoon, 3 to 5 minutes.

Meanwhile, beat egg whites to peaks in mixer bowl. Gradually be sugar until stiff peaks form. Re strawberry mixture from ice water; fo beaten whites. Fold in whipped c until blended. Scoop filling into prep pastry crust; smooth top with spatula frigerate until filling is firm, at lea hours. Garnish with whipped cream, and strawberries. Makes 8 servings.

Vanilla Crumb Crust: Preheat ove 350°F. Place almonds on cookie and toast 8 minutes or until golden. (Leave oven on.) Combine nuts and la wafers in food processor; proce fine crumbs. Add butter and pulse crumbs are evenly moistened, abo seconds. Press into 9-inch pie plate. 10 minutes, until golden. Cool compl on wire rack.

Per serving: 390 calories, 6 gm protein, 19 g 52 gm carbohydrates, 167 mg sodium, 4 cholesterol.

Recipes developed by Carol Prager



Crown Cityscape pattern in stainless.

GRAPES
*ORANGE YOGURT SHAKE
*AMARETTI PEACHES
MATZO
WATERMELON WEDGE
HARD-COOKED EGG
*STRAWBERRIES WITH BALSAMIC VINEGAR
MICRO-BAKED SWEET POTATO
PAPAYA
PINEAPPLE
MELON BALLS WITH RICOTTA AND HONEY
RAISINS
*CARROT-RAISIN MUFFIN
LOW-SODIUM VEGETABLE JUICE
*BANANA-OAT BREAD
RASPBERRIES
SHRIMP ON MELBA ROUNDS
FROSTED MINI-WHEATS

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100 HEALTHY SNACKS
BY MONA SUE BOYD, R.D.
*Recipe given
GINGERSNAPS
GRAHAM CEREAL
LIGHT POPCORN
FROZEN WAFFLES WITH CHUNKY APPLESAUCE
LOW-SODIUM GOLDFISH CRACKERS
FRUIT NECKLACE
CHOCOLATE PUDDING POP
*BROILED BANANA SKEWERS WITH YOGURT SAUCE
*LOW-FAT RICE PUDDING
*ENGLISH-MUFFIN VEGGIE PIZZA
*PINEAPPLE-BRAN MUFFIN
ANIMAL CRACKERS

100 HEALTHY SNACKS
continued

ESPECIALLY FOR WOMEN

1 *Orange Yogurt Shake
3 medium shrimp with cocktail sauce on Melba rounds
1 medium micro-baked sweet potato with cinnamon-sugar
1 hard-cooked egg
30 grapes
6 ounces V8 No Salt Added Vegetable Juice
*Strawberries with Balsamic Vinegar
***Amaretti Peaches**
¼ cup melon balls with 1 ounce low-fat ricotta cheese and 1 teaspoon honey
4 dried peach halves
1 Weight Watchers Sugar-Free Orange Vanilla Treat Bar
¾ cup Honey Nut Cheerios, dry
2 Underwood Sardines in Tomato Sauce served with 4 saltines
1 ounce Alpine Lace Free 'n' Lean Cheddar-Flavor Cheese on 1 crisp bread
6 to 8 ounces lemon, vanilla or coffee low-fat yogurt
1 container (4.25 oz.) Del Monte Chocolate Pudding Cup
1 cup light or sugar-free cocoa
4 graham crackers
1 toasted whole wheat bagel half with ¼ cup low-fat cottage cheese
½ cup Crowley frozen yogurt or 1 McDonald's Low-Fat Frozen Yogurt Cone
½ cup vanilla ice milk
½ cup Dole Fruit Sorbet
1 slice (2 inches) angel food cake
8 Old London Sesame Melba Snacks
1 plain baked potato topped with ¼ cup plain nonfat yogurt

HIGH-FIBER

***Carrot-Raisin Muffin**
¼ cup golden and dark raisins
3 Kellogg's Frosted Mini-Wheats
½ cup fresh raspberries
½ cup pineapple chunks
*Banana-Oat Bread slice
Cucumber-strawberry kabobs (½ cup each)
½ large papaya
6 prunes
1 small toasted whole grain pita pocket with 2 teaspoons Polaner All Fruit Spread
⅔ cup Bran Chex cereal
6 dried dates
1 pink or red grapefruit half
1 orange
10 cherries
1 plum
¾ cup raisin-bran cereal with skim milk
½ cup blueberries
1 medium carrot, cut into sticks
1 pear, with skin
1 apple, with skin
½ cup raw fresh peas, snow peas or sugar snap peas
1 Health Valley Raisin Bar
1 nectarine, with skin
Dunkin' Donuts Bran Muffin with Raisins

LOW-SODIUM

5 gingersnaps
3 cups Jiffy Pop Light Premium Popcorn
1 medium kiwifruit, sliced
1 Manischewitz Matzo
½ cup Pepperidge Farm Low-Salt Cheddar Cheese Goldfish
1 Good Humor Vanilla Ice Cream Sandwich
1 watermelon wedge, ½-inch thick
18 Nabisco Oysterettes oyster crackers
1 Welch's No Sugar Added Fruit Juice Bar
1 large (1 oz.) unsalted sourdough hard pretzel
2 Ryvita High Fiber Crisp Bread
1 Sara Lee Lights Strawberry French Cheesecake
2 fig bars
2 Chico-San Rice Cakes topped with orange marmalade
2 Stella D'Oro Sesame Breadsticks
½ cup water-pack fruit cocktail
1 Quaker Chewy Maple Oatmeal Granola Bar
½ cup unsweetened applesauce
1 Pepperidge Farm microwave Berkshire Apple Crisp
1 JJ Flats Poppyseed Breadflat
1 cup grapefruit juice
½ cup canned water-pack peaches
½ cup orange sherbet
1 Sugar Free Fudgsicle Fudge Pop
3 Nabisco Deli-Style Rye Triscu

KID PLEASERS

1 Jell-O Chocolate Pudding
*English-Muffin Veggie Pizza
⅓ cup Nabisco Teddy Graha cereal or 9 Sunshine Grahamy Bears cookies
1 Kellogg's Nutri-Grain Frozen Waffle with ¼ cup chunky applesauce
***Broiled Banana Skewer wi Yogurt Sauce**
Fruit Necklace (5 dried fruits, such as apricot, pineapple, papaya and prune, and 2 tiny pretzels strung on 12-inch red licorice lace)
***Pineapple-Bran Muffin**
*Low-Fat Rice Pudding
1 toasted mini-bagel with 1 tablespoon apple butte
¾ cup Chiquita Orange-Banan Juice
13 Sunshine Animal Crackers
1 Frozfruit Bar
1 cup Cheerios
1 micro-baked apple stuffed w a pinch cinnamon and 1 tablespoon raisins
6 to 8 ounces flavored or fru low-fat yogurt
2 slices rolled Hansel 'n' Grete Healthy Deli Bologna on 1 slice of Wonder whole wheat bread
½ cup canned mandarin oranges, in juice
1 slice raisin toast with ¼ cup applesauce
1 square (3 inches) gingerbr made from Pillsbury mix
1 ounce Alpine Lace Free 'n' L Mozzarella-Flavor Cheese melted on 4 saltines
1 small Wendy's Frosty Dair Dessert or Hardee's Van Cool Twist Cone
1 Kellogg's Blueberry Pop-Tart
4 Estee Lemon Thins
Fruit mouse (fresh or canned apricot half, raisins for eye cherry half for nose, licoric lace for tail and whiskers, and sliced almonds for ear
1 Frieda's dried whole bana
2 ounces Hansel 'n' Gretel slic turkey rolled around 2 pretzel rods

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recipes pictured on pages 168-169.

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erving: With low-fat yogurt, 210 calories, 10 gm
in, 2 gm fat, 39 gm carbohydrates, 128 mg
m, 3 mg cholesterol.

AWBERRIES WITH LSAMIC VINEGAR

low balsamic vinegar really brings out flavor of the berries.

time: 5 minutes plus marinating ○

1 pint strawberries, hulled and ed, with 1 tablespoon sugar and 1½ poons balsamic vinegar in bowl. Let d 20 minutes. Makes 2 servings.

erving: 75 calories, 1 gm protein, 1 gm fat, 18 arbohydrates, 2 mg sodium, 0 mg cholesterol.

ARETTI PEACHES

ond cookies are the perfect topping, ing sweetness with almost no fat.

l prep time: 10 minutes ○

bine ½ cup part-skim ricotta cheese, blespoon sugar and ¼ teaspoon grat- lemon peel in bowl. Spoon equal unts onto cut sides of 4 ripe peach es. Sprinkle each half with crushed amaretto cookie. Makes 4 ings.

erving: 95 calories, 4 gm protein, 2 gm fat, 15 arbohydrates, 39 mg sodium, 10 mg cholesterol.

RROT-RAISIN MUFFINS

muffins deliver that spicy-sweet taste about a quarter of the fat of your l carrot-cake recipe.

time: 10 minutes ○
ng time: 20 minutes

eat oven to 375°F. Grease 12 muffin- cups. Combine ½ cup *each* all-pur- and whole wheat flours, 1 teaspoon baking powder and cinnamon, ½ oon baking soda and ¼ teaspoon n medium bowl. Whisk 4 large egg es, ⅔ cup sugar, ¼ cup vegetable oil ½ teaspoon vanilla extract in large l. Whisk in dry ingredients until com- d. Stir in 1½ cups shredded carrots and ½ cup raisins. Spoon into prepared muffin cups.

Bake 20 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan and cool completely. Makes 1 dozen.

Per muffin: 150 calories, 3 gm protein, 5 gm fat, 25 gm carbohydrates, 139 mg sodium, 0 mg cholesterol.

BANANA-OAT BREAD

Oats, nuts and bran make this banana bread fiber-rich. Try it toasted, too.

Prep time: 10 minutes ○
Baking time: 1¼ hours

Preheat oven to 350°F. Spray 9x5-inch loaf pan with vegetable cooking spray. Combine ¾ cup *each* all-purpose and whole wheat flours and oat bran, 1 teaspoon *each* baking powder and salt, ½ teaspoon baking soda and ⅛ teaspoon nutmeg in bowl; set aside.

Whisk 4 large egg whites, 1 cup sugar, ¾ cup low-fat (1%) milk and 3 tablespoons vegetable oil in large bowl until blended. Stir in 3 large ripe bananas, mashed, then dry ingredients just until combined. Stir in ½ cup chopped walnuts, toasted. Pour batter into prepared pan; sprinkle with ¼ cup uncooked oats.

Bake 1 hour 10 minutes to 1 hour 15 minutes, until toothpick inserted in center comes out clean. Cool in pan 5 minutes. Remove from pan and cool completely. Cut into ½-inch slices. Makes 18.

Per slice: 160 calories, 4 gm protein, 5 gm fat, 28 gm carbohydrates, 187 mg sodium, 0 mg cholesterol.

ENGLISH-MUFFIN VEGGIE PIZZA

You don't have to be a kid to love this. Broccoli gives it a big boost of vitamin C.

Total prep time: 5 minutes ○

Sprinkle 2 tablespoons shredded part-skim mozzarella cheese evenly over halves of a toasted English muffin. Spoon 2 teaspoons marinara or pizza sauce on each. Arrange ¼ cup cooked tiny broccoli florets and 1 teaspoon shredded carrot on tops, and sprinkle with 2 teaspoons freshly grated Parmesan cheese. Toast on tray in toaster oven 1 to 2 minutes, until cheese is melted. Makes 2 servings.

Per serving: 100 calories, 5 gm protein, 2 gm fat, 15 gm carbohydrates, 253 mg sodium, 6 mg cholesterol.

BROILED BANANA SKEWERS

Broiling gives bananas a caramelized flavor, and honey yogurt is the perfect sauce.

Prep time: 5 minutes ○
Cooking time: 5 minutes

Preheat broiler. Cut each of 2 ripe bananas into four 2-inch chunks; toss with 1 teaspoon fresh lemon juice. Thread each on a skewer. Place on jelly-roll pan lined with foil. Sprinkle banana pieces with 2 tablespoons brown sugar, tossing to coat. Broil 4 inches from heat 2 minutes per side or until golden. Serve with yogurt sauce. Makes 2 servings.

Yogurt Sauce: Combine ½ cup low-fat or nonfat yogurt and 1½ teaspoons honey in cup; blend until smooth.

Per serving: With yogurt sauce, 210 calories, 4 gm protein, 1 gm fat, 49 gm carbohydrates, 45 mg sodium, 3 mg cholesterol.

PINEAPPLE-BRAN MUFFINS

Store-bought muffins can be very high in fat, but ours use pineapple, not extra oil, for moistness and unusual flavor.

Prep time: 10 minutes ○
Baking time: 20 to 25 minutes

Preheat oven to 375°F. Spray twelve 2½-inch muffin-pan cups with vegetable cooking spray. Whisk 4 large egg whites, 1 can (8 oz.) crushed pineapple in juice, ½ cup sugar, ⅓ cup low-fat (1%) milk, and 3 tablespoons *each* vegetable oil and unsulfured molasses in bowl until blended. Stir in 4 ounces 100% bran cereal (1½ cups wheat bran or 2 cups whole bran flakes). Let stand 5 minutes.

Combine ¾ cup *each* all-purpose and whole wheat flours, 2 teaspoons baking powder, and ½ teaspoon *each* ginger and salt in another bowl. Stir dry ingredients into bran mixture until just blended. Spoon into prepared muffin cups.

Bake 20 to 25 minutes, until toothpick inserted in center comes out clean. Cool in pan on wire rack 5 minutes. Remove from pan and cool completely. Makes 1 dozen.

Per muffin: 175 calories, 4 gm protein, 4 gm fat, 33 gm carbohydrates, 251 mg sodium, 0 mg cholesterol.

LOW-FAT RICE PUDDING

To make this treat irresistible, we've kept the fat low and added just the right amount of sweetness.

Prep time: 1 minute plus chilling ○
Cooking time: 35 minutes

Combine 1 quart low-fat (1%) milk and ⅓ cup uncooked long-grain rice in large, heavy saucepan. Bring to boil over medium-high heat, reduce heat and simmer uncovered, stirring frequently, until rice is very tender, 30 to 35 minutes.

Whisk 1 large egg, 1 large egg white and ¼ cup sugar in bowl. Gradually whisk in 1 cup hot milk mixture. Return to saucepan and cook over low heat, stirring constantly, 1 minute. Remove from heat; stir in ½ teaspoon vanilla extract.

Transfer mixture to bowl. Serve warm or cover surface with wax paper and refrigerate until cold. Sprinkle with cinnamon-sugar. Makes 4 servings.

Per serving: 230 calories, 12 gm protein, 4 gm fat, 37 gm carbohydrates, 152 mg sodium, 63 mg cholesterol. ■

Recipes developed by Carol Prager and Lisa Brainerd.

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INSIDE THE JOURNAL KITCHEN

THE COMPLETE SUPPERTIME PANTRY

TO GET OUR DELICIOUS "SUPPERTIME, USA" DINNERS ON THE TABLE QUICK, JUST KEEP THESE BASIC INGREDIENTS ON HAND

On the shelf

- Onions
- Garlic
- Potatoes
- Pasta: penne, spaghettini, fusilli, bowties
- Rice
- Couscous
- Marinara sauce
- Canned tomatoes
- Canned crushed pineapple
- Canned green chilies
- Canned beans: black, pinto, butter, kidney
- Tuna
- Chicken broth
- Marinated artichoke hearts
- Roasted peppers
- Assorted herbs and spices: chili powder, coriander, cumin, red pepper flakes, ground red pepper, dry mustard, paprika, sage, turmeric, tarragon, thyme, rosemary, oregano and sesame seeds
- Capers
- Olive oil
- Vegetable oil
- Oriental sesame oil
- Selection of vinegars: red wine, rice wine, balsamic
- Dry sherry
- Reduced-sodium soy sauce
- Walnuts or slivered almonds
- Cornmeal
- Chili sauce
- Mo[illegible]

- [illegible] jack, feta, low-fat ricotta
- Nonfat or low-fat yogurt
- Milk
- Eggs
- Sour cream
- Heavy cream
- Butter or margarine
- Flour tortillas
- Green onions
- Carrots
- Fresh ginger
- Lemons
- Cabbage
- Oranges
- Apples
- Cauliflower
- Broccoli
- Mushrooms
- Red or green pepper
- Bacon
- Anchovy paste
- Prepared horseradish

In the freezer

- Packaged frozen vegetables: peas, spinach, corn
- Frozen raspberries
- Individual portions of chicken or turk[illegible] cutlets and ground meat
- Packaged frozen peeled shrimp
- Ice cream

recipe index

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

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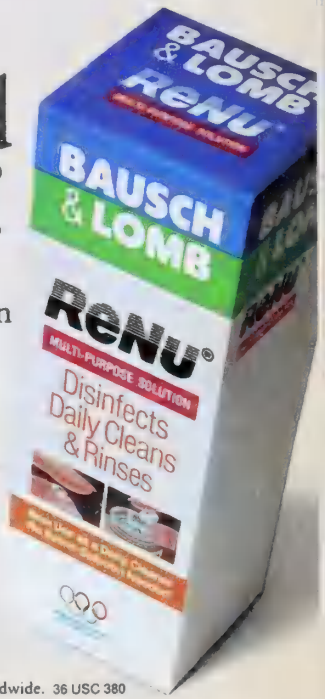

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LHJ ROSE OFFER

ontinued from page 118

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Journal Shopping Center

OUR HOUSE WAS A MESS

Pages 142-146 All interiors designed by Bouffard Designs, Chicago, IL; all paint, Benjamin Moore, 201-573-9600; all furniture and lamps, sofa fabric, "Orbit," Crate & Barrel Furniture, 800-323-5461; wood flooring, Harris-Tarkett Inc., 800-842-7816; armoire and blanket chests, Timeless Designs, P.O. Box 20711, Seattle, WA 98102-1711, 206-728-6255; all rooms halo ceiling lights, Cooper Lighting, Attention Advertising, Dept. 400, Busse Rd., Elk Grove Village, IL 60007; T.V., Sharp Electronics Corp., 800-BE-SHARP; wool throw, bedlinens and blankets, Private Lives, 7631 Austin Ave., Skokie, IL 60077, 708-470-5260; miniature wood chairs and table, basket, child's rocker, all bath accessories, hat boxes, Folie Douce, 324 West Illinois St., Chicago, IL 60610, 312-836-1181; home office furniture, House Of Teak, 800-675-TEAK; sofa, Crate & Barrel, 800-323-5461; all desk accessories and lamps, Reliable Home Office, for free catalog write P.O. Box 804117, Dept. X75, Chicago, IL 60680; wall-to-wall carpet, Fairfield Collection IV, "Seed Pearl," Stratton, A Division of Shaw Industries Inc., 800-241-2996; kilim rug, Oscar Isberian Rugs, 1028 Chicago Ave., Evanston, IL 60202, 708-475-0010; Hunter Douglas Window Fashions, "Duette," 800-4-Duette; all closets, California Closet Company, 800-439-7111 bathroom fixtures including glass shelf and towel bars, American Standard Products, 800-821-7700 extension 4023; glass block window, Pittsburgh Corning Corp., 800-992-5769; counter top, Gibraltar Solid Surfacing, "Frosty White," Wilsonart, P.O. Box 6110, Temple, TX 76503; tiles, American Olean Tile Products, 1000 Cannon Ave., Dept. LHJ, Lansdale, PA 19446; curtain fabric, China Seas, 212-752-5555; custom vanity and shelves, Plain & Fancy Kitchens, Rt. 501 Oak St., Schaefferstown, PA 17088; all decorative painting, Matthew Silver and Chris Altschuler Decorative Painting, 1225 West School St., Chicago, IL 60657; medicine cabinet, Robern Inc., Products, 1648 Winchester Rd., Bensalem, PA 19020, 215-245-6550; towels, Ralph Lauren Home Collection, "Azure" and "Island Green," 212-642-8700; sun porch, seat cushion fabric, Expressionist-H, "Jubilee," S. Harris & Co., 800-999-5600; armoire and "Classic" chest, Naked Furniture, 800-352-2522; sisal rug, Crate & Barrel Furniture, 800-323-5461.

WHAT MEN REALLY SAY

continued from page 125

Hennessey*, fifty-six, Minnesota, is in sales. A Korean War veteran, he's been married thirty-seven years and has eight children.

Wes Jennings*, forty-one, Louisiana, owns a company that produces natural gas. Four years into his second marriage, he and his wife have four children, all from previous marriages.

Matt Royce*, thirty-one, California, sells commercial real estate. He and his wife of three years just had a baby boy.

Mitch Harris*, forty-one, Connecticut, is a business consultant. Married twenty years, he has two teenage sons.

MOSCHETTA: Let's start at a logical point: Who most often initiates sex?
WES: I do.
MOSCHETTA: Ninety percent of the time?
DOUG: One hundred percent.
WES: I'd say ninety to ninety-five.
MOSCHETTA: Does this annoy anybody?
WES: It bothers me at times, yeah.
MITCH: It would be nice if my wife initiated sex more often, but I don't dwell on who's caressing who. I know there are times I don't respond to her overtures because I'm working.
ANDY: I think patterns get established in marriages. If you initiated sex ninety percent of the time the first year, you fall into that. It's hard to switch.
SAM: Sex was very different for us when we were trying to have a baby. It became work. But she initiated it ninety percent of the time then!
ANDY: Sometimes my wife falls asleep and she'll find me cuddling up to her with an erection, and she'll just do it, you know, as a favor.
WES: That's called cadaver sex, right?
MOSCHETTA: Well, how do you both make it known that tonight there's going to be sex?
ANDY: With us, there'll be some nonverbal stuff. Like I'll take her hand and put it on my penis. Subtle stuff, right? Lots of times I'll just roll over and start cuddling, and she'll say, "I'm too tired," and I have to decide if I'm going to persist. Generally I don't.
MITCH: I think the more sensitive I am to her—and her needs—the more sensitive she is to me.
MOSCHETTA: So your behavior is a factor. How are you as a lover?
DOUG: I know I don't take enough time on the preliminaries or give her time to get up to speed.
WES: It seems the more we do it, the better I get. Practice makes perfect.
MITCH: I think the longer you're married, the better lovers you become. You put more into it. And sometimes the effort says more than the act itself: It's the idea that *you* wanted *me*.

RELATIONSHIP BURNOUT

MOSCHETTA: Does passion have to expire after you've been married to the same woman for several years?
MITCH: It doesn't if you work on it.
ANDY: But it's hard to work on passion. It's such an emotional, gut thing.
SAM: We have the same passion we had when we first met, though it may not be quite as acrobatic. I still think she's beautiful, though. When I see her in the morning I like what I'm looking at.
DOUG: I've been married almost forty years, and the feeling gets deeper . . .
ANDY: Well, the love I feel may be deeper now than it was, but I still think passion is something else. That wanes. My wife is always listening for the kids. Her intercom is always on. Then there's the practical stuff: We're much more tired now. And you can't walk around naked. I used to jump in the shower with her. I can't do that anymore. The other thing about having kids is that, both times, we got pregnant the first time we tried. That's a humbling experience if you don't want more children. My wife uses a diaphragm, and that spoils our lovemaking to some degree because you can't have spontaneous sex.
MOSCHETTA: Does your wife's body still turn you on? And vice versa?
WES: My wife is very aware of my body and hers.
MOSCHETTA: Meaning?
WES: Meaning right now I'm okay, but if I gain another five pounds, I'm in deep yogurt.
MOSCHETTA: What would happen if she gained, say, five pounds?
WES: Five wouldn't be too bad. If she gained twenty, it would be a turnoff.
DOUG: My wife and I are both overweight, but it has nothing to do with our attraction for one another. A marriage doesn't stand or fall based on the perfect sexual act *or* the perfect body.
MATT: Well, it did affect me somewhat after my wife's pregnancy. Making love to a woman who has twenty extra pounds on her is very different from making love to someone who's slim.
MOSCHETTA: Do you consciously do anything to keep passion alive?
SAM: I try to stay in shape. I know that sounds superficial, but for us, how you look and feel is import
WES: I think of new places to do it.
SAM: And new ways. If you always to rely on the missionary positio would really destroy passion.
ANDY: For my wife, it's the roma She wants to be cuddled, to know I love her. But romance doesn't c as naturally to me as it does to and I don't do it enough.
SAM: I think romance and passio hand in hand. Now that we have a we can't be as spontaneous; we c take exotic trips. So I try to thin other things—like showing up wit picnic basket and saying, "Let's go
MOSCHETTA: It's commonly acce that women are the romantic ones
WES: It's not just being romantic— being thoughtful. You might be so where and pick something up beca you think she might like it. My does those kinds of things, and I th I take it for granted.

FORBIDDEN FRUIT

MOSCHETTA: Do you think about se lot during the day?

ANDY: We're encouraged, as boys think about scoring all the tim walked around with an erec throughout high school. But it's still ficult for me not to notice women. my threshold is not very high in te of attractiveness. I get attracted by
SAM: A rock.
ANDY: If I haven't had sex for a wh then my sexual interest in every life increases—a lot. I start ha sexual dreams.
MITCH: I don't know if what we se the street or what we see on T necessarily what we take into the room or how we expect our wive perform. There's a difference betw how I might lust in my heart, as Jimmy Carter said, and what I actu do. I can look at a *Playboy*, but want to sleep with the centerfold?
ANDY: You *don't*?
MOSCHETTA: How far do you carry fantasy?
SAM: I see women on the street, and almost a Pavlovian response: I've to look. But that's as far as it goes
DOUG: I think men are polygamou nature; women are more monogam It takes a commitment to devote ev thing to one woman, because there so many competing attractions. I tasize. It's tough to stay loyal.
MOSCHETTA: If you met a woman w you're here in New York, and went to bed fantasizing (contin

Question: What do men really expect from women sexually?
Answer: For them to be unabashedly and totally uninhibit

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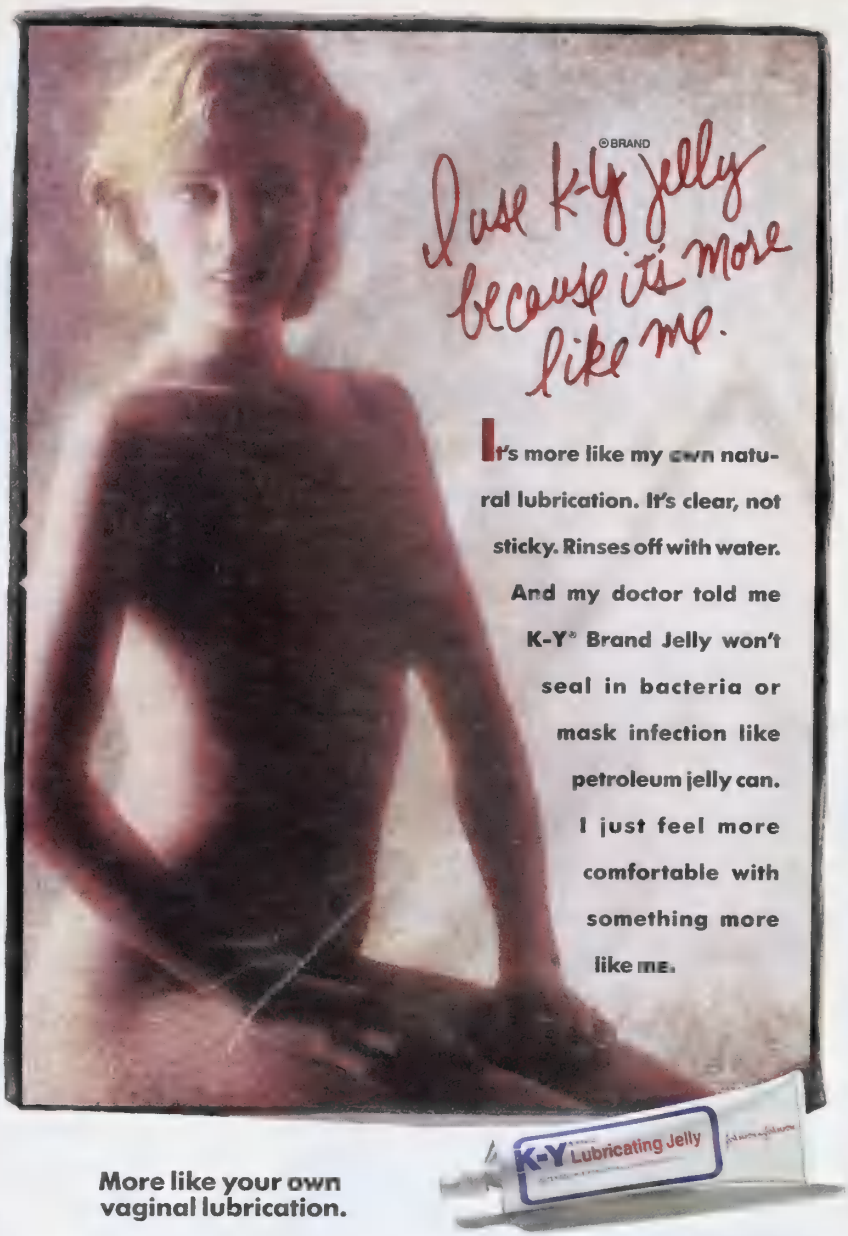
WHAT MEN REALLY SAY
continued

about her, would you share that with your wife?
ANDY: I wouldn't tell her, because she'd feel bad and thi she must not be giving me enough at home. But even if did it every night, I'd *still* fantasize.
MOSCHETTA: You're saying, then, that men have fantas but generally don't share them with our spouses becau we think they'd see it as a sign that they were deficient
SAM: My wife would see it as a sign that I'm screwed up
MOSCHETTA: Who are the women in your dreams?
MATT: Usually no one I've ever seen. Once a sexy drea woke me up in the middle of the night, and my wife wo up, too, and asked what I was dreaming about. And I sa flat out, "I was dreaming about you; we were making lo on a roadside in Yosemite."
ANDY: Good line.
MATT: That was no line. It was true!
MOSCHETTA: Dreaming and fantasizing are one thing. H often are you seriously tempted by another woman?
MITCH: There's a difference between opportunity and ten tation. I just came back from a meeting at my old colle and there was this lovely coed who obviously had son thing in her eyes for me. But there was no temptation my part. Sure, I enjoyed being admired. But no way I w going to encourage this young lady.
ANDY: If we're talking about the question of fidelity marriage, I found that for the first few years, I was alwa examining it; monogamy didn't make sense to me. On other hand, I knew I couldn't handle the guilt.
DOUG: I made a decision that I'm not going to fool arou For me, it stems from a religious and moral conviction.
MOSCHETTA: What makes one married man stay loyal a another stray?
SAM: If I fooled around, it would devastate my wife a ruin our marriage. And if she ever cheated on me I'd the same way. I wouldn't feel good after that, ever.
WES: In my first marriage, I didn't have a good sex life home, and I fell off the wagon. But I don't need to do t anymore, because my wife and I have an active sex l That helps to build up your resistance.
ANDY: I'm not putting myself on any moral pedestal he for me, the driving force is the practical consequences. wife would be furious. It would hurt us and the kids doesn't take long to figure out all the terrible results.

WHAT DO MEN REALLY WANT?

MOSCHETTA: What turns you on?
DOUG: Proximity. I mean, you're not turned on if sh upstairs folding the laundry and you're in the basem fixing something at your workbench.
WES: The woman doesn't necessarily have to be beautif
MATT: I think it's the interest of the other party. W taking care of a new baby, and we're going to bed exhau ed. When we understand we're going to have sex t night, we have a different way of dealing with each otl
WES: I agree. One of the reasons I love my wife is beca she loves me. And that turns me on.
MOSCHETTA: What else?
WES: It would turn me on if I was sitting at the kitch table reading the newspaper and she came up and grab me under the table. Or if she started stripping ri in the kitchen.
MOSCHETTA: What turns you off sexually? One man told he gets really angry when he and his wife are having and he happens to look up and notices she's watching
DOUG: Or you're right in the middle of it and she says, " gosh, we gotta call so-and-so tomorrow at ten."
MOSCHETTA: But there are times when sex is passion

at makes those moments special?
Y: Sometimes I'm just more turned
more physically eager.
CHETTA: Why?
Y: Well, if I haven't had it for a
le. Or when I've seen something on
or read something provocative.
CHETTA: What's the one thing you'd
that your wife doesn't want to do?
Y: More oral sex.
CHETTA: Is your wife supposed to
ss what you want? Do you tell her?
: My wife doesn't like me to say
thing during sex.
CHETTA: So . . .
: So she'll say, "Shut up!"
G: My wife likes me to talk tender-
o her.
CHETTA: So you can't be spontane-
or talk dirty, because that's not
g to be met with much enthusi-
? What about a dialogue where
each suggest what you want?
Y: Both men and women could be
e specific. It took my wife a long
e to get to where she'll move my
d or tell me something; it makes
he difference in the world.
: I feel the same way, because for
a big part of sex is satisfying her.
: The problem is, if a couple lets a
ern go on for years and then the wife
f a sudden starts to give instructions,
man might feel threatened.
Like, Where did you learn *that*?
CHETTA: Do you think your wife
fakes an orgasm?
G: Sure.
Y: I've asked her, and she says she
n't. But if she does, she fools me.
H: Early in our relationship my
told me she doesn't have to have
rgasm to be satisfied. So there was
r another question after that.
Well, I wouldn't say my wife
s orgasm. It's more like what
h said: She may be having a good
, but not reach a climax. It might
ne second or third time . . .
Y: Third time? Are we talking
t in a night, or in a month?
HETTA: What do men really expect
women sexually?
H: To be totally absorbed in the act
vemaking.
HETTA: The turn-on, then, is to see
wife unabashedly, totally unin-
ed, right?
Y: Right, but it would be unrealis-
or us to expect it to be that way
y time.
HETTA: Do you ever wonder if sex is
portant to your wife as it is to you?
Women never think it's as impor-
as men do.
H: I think it depends on what stage
e marriage you're in. In my rela-
hip, our needs have not always
matched or consistent. Early in
narriage I was much more inter-



ested in sex than my wife was. But we decided a long time ago that we'd rather have good sex than just have sex.

MOSCHETTA: Do you need to be having sex regularly to feel like you're running on all cylinders?

MITCH: My whole life seems better when sex is better. And vice versa.

SAM: There's more passion and there's more love in your life outside of the bedroom when you're having a good time inside.

ANDY: I find, from having been married longer, sex becomes less important in your daily life. But my wife and I just took a vacation, and we had more sex than in the previous three months.

MOSCHETTA: Is your wife your number-one confidante? Your best friend?

WES: She's my best friend, definitely. We're in the same profession, and I go to her with all kinds of problems.

MOSCHETTA: Are there any things that are important to you that you can't talk to your wife about?

SAM: No, nothing's off-limits. But it's more than that. Things aren't the same when my wife's not there.

ANDY: I love being with my wife, too, but I still enjoy going off by myself. One of my biggest frustrations is not having more time to myself.

SAM: Well, I don't mean that she has to go to the bathroom with me. I play basketball every week, and I don't expect her to come and sit on the sidelines. But anything big in my life, I want her to be part of it.

DOUG: Let's put it this way: If your wife wasn't your best friend, you wouldn't want to be living with her. ■

Hank Herman is a free-lance writer living in Westport, Connecticut.

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DOVE/LHJ CONTEST official rules

continued from page 34

e Dove Classic Model Discovery is ■ contest for a U.S. n age thirty or over to win ■ one-year modeling contract, 00 in cash and a $5,000 Anne Klein wardrobe. To complete the Entry Form, making sure to include all ation. Attach to the Entry Form the following: two (2) Beauty Bar wrappers (any size); a statement of fifty or less on "I have camera potential because . . . "; and) current photographs: a close-up head shot and a full- shot. The photographs must be color and no larger than in size.

Dove "Model-Beautiful Skin" Contest is a contest for S. women age thirty or over in each contest region to 500 cash toward a day of beauty in her hometown. To complete the Entry Form, making sure to include all ation. Attach to the Entry Form the following: two (2) Beauty Bar wrappers (any size); a statement of fifty or less on "why my skin is model-beautiful at age ; and a color close-up headshot no larger than in size.

ants for both the Classic Model Discovery and Model- ful Skin Contests must be age thirty or over by the July 991, deadline.

il entry to: Dove Classic Model Discovery Contest, PMSI n, P.O. Box 13398, Bridgeport, CT 06673-3398. ES MUST BE RECEIVED BY JULY 31 1991. No respon- is assumed for lost, late or misdirected mail or g errors.

DOVE CLASSIC MODEL DISCOVERY

Grand-Prize Winner will be selected from among the egions.

ch of the three (3) regions (Eastern: CT, DC, DE, FL, KY, ME, MA, MD, MI, NC, NH, NJ, NY, OH, PA, RI, VI, VT, WV. Western: AK, AZ, CA, CO, HI, ID, MT, NV, R, UT, WA, WY. Central: AL, AR, IA, IL, KS, LA, MN, S, ND, NE, OK, SD, TN, TX, WI), there will be two al Winners and two Runners-up. The six Regional Win- ll come to New York to participate in the Grand-Prize selection described below.

Grand-Prize Winner will receive a prize of $25,000, a r modeling contract with Wilhelmina International , including a placement on the 1992 Wilhelmina So- ated Woman Division headsheet and ■ designer ward- alued at $5,000).

Grand-Prize Winner hereby agrees to be the highlight of - to fourteen-day city tour to publicize the contest ortation and meals will be provided by Dove Beauty d agrees to sign the standard Wilhelmina International l agreement form. Prizes are neither exchangeable nor rable; all will be awarded.

Regional Winner will receive $500 cash toward a "Day uty" in her area and ■ four- (4-) day trip to New York cluding a visit to Wilhelmina International Limited for counseling and participation in a Grand Prize selection geant. Dove Beauty Bar will provide round-trip nsportation, hotel accommodations, meals for four vs.

Runner-up will receive a year's supply of Dove Beauty d a professional makeup kit.

ing will be based on judges' perception of: skin quality points), overall appearance (1-10 points), articulate- -10 points) and motivation for an age thirty-plus mod- areer (1-10 points). The contestant with the highest otal will be the winner. The contestant with the second- point total will be the first Runner-up. All decisions of ges are final.

Grand-Prize Winner will agree to maintain the same physical appearance with respect to weight, hair color, ngth and facial features for twelve (12) months after on. In the event that physical appearance is not so ined, the Contest sponsors shall have the right, if they t, to remove the Winner and to award the first Runner- the title.

six (6) Regional Winners and Runners-up will be noti- mail by August 23, 1991.

Regional Winners must consent to be available to par- and render services in connection with a final selec- ni-pageant to be held in New York City in September/ 1991, and to participate in photography/taping ses- nd media interviews. They also agree, by entering the , to grant the sponsors of the Contest the right to use their names, photographs (on film or videotape) and voice in connection with any promotion, publicity and advertising on behalf of Dove Beauty Bar and Meredith Corp. in connection with the Contest. The Grand-Prize Winner also will render services in connection with additional photography/taping sessions in connection with any promotion, publicity and advertising on behalf of Dove Beauty Bar and Meredith Corp. for the Contest and as a participant in the Tour. All winners will be required to sign an affidavit of eligibility and release.

All photographs and materials submitted become the property of the sponsors (Lever Brothers Company, Inc., Meredith Corporation, Wilhelmina International Limited) and will not be returned or acknowledged. Winners and Runners-up will be selected by a panel of experts designated by Lever Brothers Company, Inc.

THE DOVE MODEL-BEAUTIFUL SKIN CONTEST

There will be 3 winners from each of the above regions to receive $500 cash toward a day of beauty.

Judging will be based on judges' perception of: skin quality (1-10 points), creativity (1-10 points), appropriateness to theme (1-10 points), neatness and grammar (1-10 points). All decisions of the judges are final.

The nine (9) winners will be notified by mail by September 1, 1991.

All photographs and materials submitted become the property of the sponsors (Lever Brothers Company, Inc., Meredith Corporation, Wilhelmina International Limited) and will not be returned or acknowledged. Winners and Runners-up will be selected by a panel of experts designated by Lever Brothers Company, Inc.

The nine (9) Regional Winners must consent to participate in photography/taping sessions and media interviews. They also agree, by entering the Contest, to grant the sponsors of the Contest the right to use their names, photographs (on film or videotape) and voice in connection with any promotion, publicity and advertising on behalf of Dove Beauty Bar and Meredith Corporation in connection with the Contest.

■ Both contests are open to all women U.S. residents, age thirty or over by the July 31, 1991, deadline, whether or not they have ever had modeling experience. However, employees and their families of Lever Brothers Company, Inc., Meredith Corporation, Wilhelmina International Limited, their respective affiliates, subsidiaries, and advertising agencies are not eligible. Contest void where prohibited or restricted by law. Taxes on prizes are the sole responsibility of the winner. No proof of purchase necessary for residents of Arizona, Maryland and Vermont.

Entrants may enter both contests, but can win only one.

For a list of winners, send a self-addressed, stamped envelope to: Dove Classic Model Discovery, 450 Park Avenue South, Suite 1200, New York, NY 10016.

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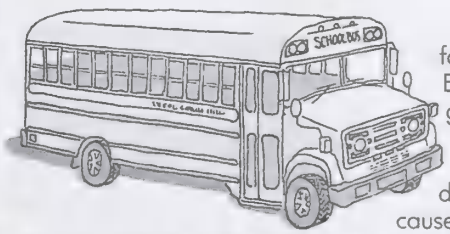

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LHJ SPA GETAWAY CONTEST

continued from page 62

OFFICIAL RULES

1. Complete the entry form; print or type, makin to include all information and your signature. A the following to the form: a description of you hair or makeup beat-the-heat beauty tip an proof of purchase from one of the following chants: Always, Arrid Solid, Dexatrim, Easy Shoes, Gyne-Lotrimin, Kraft Miracle Whip Fre Fat Dressing, Lovable, Shade, Ultra Slimfast, Creme and Powder.

2. Mail entry to LADIES' HOME JOURNAL, Sp away, 100 Park Avenue, 3rd Floor, New Yor 10017. All entries must be received by Jun 1991. No responsibility is assumed for lost incomplete or misdirected mail or printing erro prize awarded in any prize notification letter re as undeliverable or not responded to promptl be awarded to an alternate winner.

3. The contest is open to any resident of the U. is 21 years of age or older except employees an families of Meredith Corporation and of Always Solid, Dexatrim, Easy Spirit Shoes, Gyne-Lo Kraft Miracle Whip Free Non-Fat Dressing, L Shade, Ultra Slimfast, Vagisil Creme and P and their agencies, affiliates and subsidiaries.

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5. All entries and materials submitted beco property of LADIES' HOME JOURNAL and will returned or acknowledged. The best beat-t beauty tip will be judged on content, clarity pression, interest to our readers and general The winner will be selected by a panel design LADIES' HOME JOURNAL. All decisions judges are final. We will enter into no correspo or phone communication about the contest judging. LADIES' HOME JOURNAL reserves t to edit the beauty tip.

6. Winner will be notified by mail by July 31, The winner must consent to be available at quest of LADIES' HOME JOURNAL to particip render services in photography/taping sessio media interviews. She also agrees by enter contest to grant LADIES' HOME JOURNAL t to use her entry, name, photos and voice in tion with editorial, public relations, promotio advertising purposes. Winner must sign an a of eligibility, a release consenting to the use name and photo and a statement confirm rights of LADIES' HOME JOURNAL to the bea

7. All federal, state and local laws and reg apply. Void where prohibited. Applicable ta the sole reponsibility of winner. Prize is changeable or transferable. No substitute o except at the discretion of LADIES' HOME NAL. No proof of purchase necessary for resi Arizona, Maryland and Vermont.

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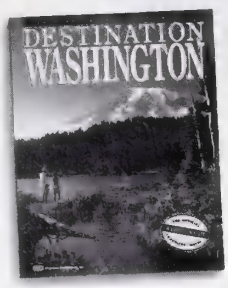

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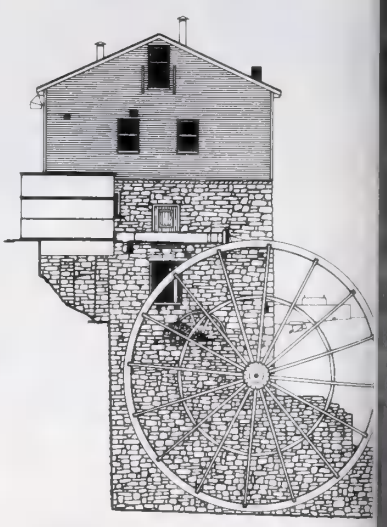

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The island of Maui is seven hundred twenty-nine miles around, and to fully appreciate what it has to offer, you should explore the island from top to toe. When you first arrive—you can fly directly to Maui or take the twenty-minute flight from Honolulu on one of the interisland airlines like Aloha (800-367-5250)—you'll probably want to rest for a few days on the beach. Kaanapali Beach, on West Maui, is a tourist spot, with a main drag of hotel resorts and condominiums, but it's a perfect introduction to the island, as it combines Maui's natural splendor with a variety of activities and attractions.

Although there are many beachfront hotels to choose from, the Hyatt Regency is a veritable fantasyland. When you enter the lobby, the waterfalls and streams, tropical foliage and freely flying birds welcome you. The swimming pool is another surprise: Waterfalls, streams, caverns and a swim-up Grotto Bar make up this man-made wonder (rates are $220 to $2,500; call 808-661-1234 for details).

If a big hotel is not your style, stay two properties down at the Kaanapali Alii, a condominium complex with all the amenities of a hotel (including maid service) and the space and flexibility that come with condo living. One- and two-bedroom condos are large and nicely decorated, with rates from $190 to $650 (800-642-MAUI).

Activities at Kaanapali revolve around the beach and old Lahaina Town—the state's first capital, where you'll find Front Street, with its shops, art galleries and restaurants. For a traditional Polynesian experience, check out the Old Lahaina Luau, an all-you-can-eat buffet with authentic hula dancing and music (505 Front Street; 808-667-1998).

Once you're rested and ready for excitement, don't miss an experience of a lifetime. It may sound crazy, but waking up at three A.M. to watch the sun rise from atop Haleakula Crater is a must, and the best way to do it is with Cruiser Bob's. A van will pick you up at your door and bring you back by noon; what comes in between is a thrill. After sunrise, you coast on a bike—that means no pedaling!—down the thirty-eight-mile road of over hundred fifty curves. As you ride do you'll shed layer after layer of clo ing as the temperature and sun r The view is spectacular, but don't t your eyes off the winding road for long ($95.85; 808-667-7717).

About halfway down you'll stop breakfast at the Kula Lodge and taurant (rooms, $120 to $140; 808-1535). This is called Upcountry M Far from the palm trees and beache Kaanapali, here you'll find towe eucalyptus, Norfolk pines and i woods. This rustic retreat has only chalet-style cabins—two with places—so you must book far in vance. If you can't stay over, b home some Upcountry beauty from local flower farm, where you can o an arrangement of protea (the isla unique flowers) to have shipped ho Call 800-282-5642.

Kaanapali is at the western point of the island; at the eastern point is the town of Hana—the vestige of old Hawaii that remain Maui. Even though Heavenly H (as it is often called) is only a fifty- drive from Kahalui airport, give y self at least four hours: It's a s bumpy ride, with cliff-hanging t and over fifty one-lane bridges, but scenery is worth it; when you r Hana, you'll know why you came.

Don't drive in and out of Han one day. Although there are not m activities here, you could spend entire vacation in this town, just r ling in the laid-back lifestyle and Hawaiian charm. As long as y here, why not treat yourself to the resort in the area: The Hotel H Maui. This ultimate island retre on a forty-five-hundred-acre wor ranch and is as much of a family hotel as you can find (most of the sonnel are families who have with the hotel for years). The a sphere is casual, although the up and often famous clientele migh ceive you into thinking otherw this place is so classy it is be dressing for dinner. Recommended oceanside bungalows with privat cuzzi on your lanai (Hawaiian porch). Rates are $295 to $775; 800-321-HANA.

When you leave Hana—if you tear yourself away (all honey couples last year extended stay)—drive back in the opposite tion. When you get back to Ka airport, you will have driven the e circumference of the island, and too, will probably agree that marv Maui is the best.

For more information, contac Hawaii Visitors Bureau nearest y

—HAVIVA KRASNER-DAVI

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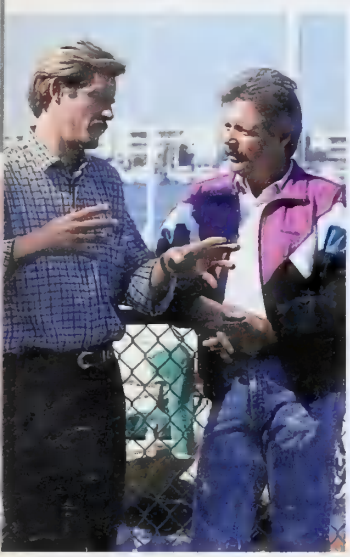
AM I YOUR DAUGHTER?

continued from page 123

missing little girl. "Once we knew we had a daughter someplace out there," Ernest Twigg says now, "what could we do but try to find her?"

The search quickly led to Kim, touching off a legal wrangle over genetics testing and visitation.

The story of the babies' mistaken identities, and the subsequent battle for Kim's affections, captured the imagination of parents everywhere—so much so that this month NBC will televise a four-hour mini-series, *Switched at Birth*, that follows the two families from the time their children were born until May 1990, when Kim finally met her birth parents.



The mini-series *Switched at Birth* tells the story of the horrifying discovery. Far left, actor Brian Kerwin, who plays Bob, meets with his role model; right, actress Ariana Richards stands back-to-back with the real Kim.

In real life, though, the story didn't end there. Each family is suing Hardee Memorial Hospital, in Wauchula, Florida, where the children were born. (The FBI, in a monthlong investigation, found that the mix-up had involved no violation of federal law; local authorities have never investigated the matter.) And today, one year after Kim's first meeting with her biological parents, the two families are locked in a bitter battle that threatens to put them back into a courtroom.

This is a story with no winners—especially the confused, frightened girl caught in the middle—and, so far, no villains. It's easy to understand why Ernest and Regina Twigg want to know the daughter who was somehow taken from them at birth. But it's also easy to sympathize with Bob Mays, a man who endured his first wife's death and who now fears he will lose their only child.

"We woke up one morning and the Twiggs walked into our lives," Mays says. "I've been defending myself against them ever since."

The switch

Neither side professes any insight into how this terrible mix-up happened. Regina Twigg has said she remembers telling a nurse that the baby brought to her room looked different from the one she had seen in the delivery room. The nurse reportedly showed Regina the bracelet marked *Twigg* and told her she was imagining things. Bob Mays, says he had no idea that anything was wrong.

The Mayses had been married for eleven years when Barbara finally became pregnant. The pregnancy went well, and on November 29, 1978, she delivered by caesarean section a blond, blue-eyed baby girl. "Everything went beautifully," says Bob, forty-six, a successful roofing salesman with a thick shock of gray hair.

Seated next to his current wife, Darlena, thirty-three, whom he married in 1990, Mays says he remembers only one other child in the hospital's small nursery—a Hispanic infant with a tuft of dark hair. "I don't remember seeing a second blond baby girl," he says.

Then, just eighteen months after she so happily gave birth, Barbara Mays was diagnosed with ovarian cancer. She died nine months later, debilitated and changed in appearance to such a degree by the disease that she took Kim and went to live with her parents, shunning her husband. "She didn't want me to see the way she'd become," Mays says sadly.

The nightmare begins

After his wife's death, Mays picked up two-year-old Kim at his in-laws' and started his life over. He remarried within the year but says that the relationship was flawed from the start. Kim, who was too young to understand when Barbara died, grew up believing her stepmother was her mother. It wasn't until his daughter was six years old, that Mays told her the truth.

In 1987 Mays and his second wife were divorced; it was a painful time for him and his daughter, but he says it strengthened the bond he felt with her.

"Life has a way of dealing thin out," he says, sighing. "Barbar death. The divorce. I never rea found myself thinking I was getti more valleys than peaks in my lif until this happened."

For Mays, the nightmare began earnest in late summer of 1988, wh Barbara's mother called to say that had read an article about a cou named Ernest and Regina Twigg an case of mixed-up identity in a matern ward. There were a lot of similarit she said, between the Twiggs' child her granddaughter, including the that they had been born in the sa hospital only a few days apart.

Mays brushed her fears aside. S he wasn't completely taken by surp when the first reporter knocked on door a week later—even before Twiggs contacted him.

"It was then that this thing re began to scare me," Mays says.

It seemed preposterous to him Kim was anyone other than the b girl Barbara had delivered almost years earlier. There were too m similarities; in Bob Mays' esti tion, Kim had his late wife's feat and her mannerisms.

Yet a private investigator hire the Twiggs had determined that and Arlena were the only two w infants in the Hardee Memorial H tal nursery at that time in 1978, Ernest and Regina told Mays thr a lawyer that they wanted Kim t dergo genetic tests. At first Mays to hide the allegations from Kim, when it seemed likely that her would soon be mentioned in newsp accounts of the case, he sat her to tell her that a couple they had n met was claiming she was their c

Over the following year Mays tled legal actions by the Twiggs would require him, as well as Kim her maternal grandparents, to u go DNA testing. "My stand was even if Kimberly was their biol daughter—and I felt certain tha wasn't—was it right to put through this crisis?" he asks.

In October 1989, Mays and R Twigg, a forty-seven-year-old ki garten teacher, met for the first in a Florida courtroom. Just minutes before a hearing on Twiggs' request was to have b the two sides reached a last-m agreement. Essentially, the T agreed to waive custody in retu the right to have the genetic te Mays agreed to the terms, he only after the Twiggs said they not pursue custody. "I wanted th understand that there was no they were going to get Kim," he

"I felt better when Dad (conti

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told me there was no chance I was going to have to go live with them," Kim says. On a gray day in late October 1989, Bob, Kim and her maternal grandparents met at a local hospital for tests.

After that, says Mays, "I thought it would be over with. They could go hunt somewhere else."

Their little girl

The wait for the results to come back from Johns Hopkins Medical Center seemed to go on forever. Every afternoon, when Kim came home from school, she cornered her father to ask if they'd arrived. There was little relief at school, where the other students were taunting her with cries of "branch, branch," teasing that she had fallen off a Twigg.

"It was awful," Kim remembers. Following advice from the psychiatrist he'd consulted, Mays tried to keep things normal. But that was almost impossible. "She was worried," he says. "She knew Dad was bouncing off the walls."

Three weeks later, on a Friday morning, Mays got word that the test results were on their way. When Mays and Darlena walked into his attorney's office, he was holding the report.

The lawyer passed the folder to Mays, who quickly looked inside. "There were a bunch of *X*'s and charts. They didn't mean anything to me," he says. "All I could read was this one paragraph that kept jumping off the page." It was the paragraph that said the doctors were 99.9 percent certain that Kim was the daughter born to the Twiggs, and that Arlena had been the Mayses' child.

Mays could hear Darlena crying softly when he looked up and asked his lawyer where the daughter he had never known was buried.

That afternoon, when Kim arrived home, Mays was packing for a weekend excursion on their thirty-foot motorboat. She was busily gathering what she wanted to take along, when she suddenly realized that her father was following her from room to room, as if in a trance.

"I knew then," Kim says sadly. "I knew right away that the tests had come back."

"Daddy," Kim asked wearily, "am I your daughter?" Mays put his arm around Kim's shoulders.

"Yes, you'll always be my daughter," he said, "but not my biological daughter." For a long time, the father and daughter sat cradled in each other's arms, crying.

"Kim kept saying, 'I can't believe it,' " Mays recalls. "And all I could do was try to reassure her that nothing was going to change."

The next few days on the boat were among the toughest Mays had to endure. Kim spent hours alone in her cabin. When she emerged, she'd climb on her father's lap and describe a nightmarish fear of something horrible waiting in the shadows to reach out and grab her.

"Daddy, I don't have to go away, do I?" she'd ask.

Though Mays repeatedly told her that her life would stay the same, she remained inconsolable. But by Monday, Mays had decided that Kim was calm enough for him to set the boat on a course for home. "We couldn't just drift out there forever," he says. "We had to go back, face the music and see what came next."

The first meeting

One of the first matters Mays had to address was a request for visitation from the Twiggs. "My feeling was, that's wonderful that they want visitation," he says evenly. "But more important was how this was going to affect Kim."

Ernest and Regina agreed to a compromise: Two psychiatrists, one chosen by each family, would interview Kim to determine her state of mind and the best way to handle the emotionally charged days ahead. While the doctors were consulting, Mays tried to keep Kim's life as stable as possible.

Then last spring, seven months after Kim learned the truth about her parentage, the psychiatrist Mays had hired advised him that Kim could handle the stress of a first meeting with the Twiggs—if it was done under controlled, nonstressful circumstances.

To minimize the strain, the doctor suggested that Kim first get to know the Twiggs' seven other children—four boys and three girls, aged seven to twenty-two. In the meantime, the two sets of adults could get acquainted at the psychiatrist's office. "The intent being that the four of us could somehow find some common ground, bury the hatchet," says Mays. "It didn't go that way."

Kim was nervous for days before the meeting, complaining of stomachaches. "Why do I have to do this?" she kept asking. Although he was fighting his own fears, Mays explained that this was something they would have to take one step at a time.

So, on a bright Saturday morning last May, Kim drove off with the psychiatrist's secretary to meet her new siblings at a driving range, while Bob and Darlena met with the Twiggs.

From the beginning, there seem no chance of harmony. The two coup were a mismatch: Bob and Darlena rived in shorts; the Twiggs we dressed as if for church. "You co have hung meat in that room, it was cold," says Mays.

To ease the tension, the psych trists for both families suggested t each tell about the daughter they h raised. As he remembers it, Mays gan recounting Kim's early yea Mays could see that Regina Twigg v becoming increasingly agitated, "about five minutes into the meeti Mrs. Twigg told me to shut up," remembers. "She said, 'Why don't just shut up and let the doctors talk

The situation deteriorated still ther when Mays asked the Twi about Arlena, and Mrs. Twigg be crying. And, Mays recalls, when Twiggs' psychiatrist suggested t visitation be scheduled between K and the Twiggs, whatever cordia was left evaporated amid a din shouts and sobs.

If it hadn't been for the phone ri ing, the meeting might have en there. But as often happens w adults lose their way, it was the c dren who restored sanity, at least t porarily. Kim, who was thoroughly joying her outing with her newfo siblings, was calling to see if t could play another round. The Twi doctor suggested that they all the children at the golf range. Re tantly, Mays agreed.

When they got to the range, was seated at a picnic table. "I pretty scared," she recalls. M walked up to her and said, "Kim like to introduce you to somebody." Mays stood tensely by, Kim tim shook Ernest Twigg's hand.

But when she turned to the wo she now knew was her biological m er, Kim found Regina reaching ou hug her. There was an awkward ment during which each pulled before connecting in a tense embr Kim laughed nervously and sat do

"It was a great day," remembers nest Twigg, a soft-spoken man of f seven who has been an Amtrak t agent for eighteen years. "We thoug was the beginning of something gr

No resolution

In the year since then, Kim has with Ernest and Regina Twigg a of five times, about once a m through last September. "It was of weird," Kim says sheepishly. the kids are fun, and they take bowling and stuff."

There have been rough spots, the day Kim came home from o the meetings and *(contin*

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AM I YOUR DAUGHTER?

continued

announced that Regina Twigg had asked her to call them Mom and Dad. "I didn't want to do that," Kim says. "It was too strange."

While Mays has found the situation emotionally exhausting, he maintains that he had hoped the two sides would be able to work things out. "One of the things I'm trying desperately *not* to do," Mays says, "is place myself in a position where Kim as an adult will look at me as if I somehow prevented her from having whatever kind of relationship she could have had, at least with her brothers and sisters."

Then, last November, the shaky alliance between the two families collapsed. The trouble began when Kim's grades plummeted. An average student, Kim was suddenly close to failing. "It's been hard to concentrate on school," Kim admits.

Along with Kim's academic woes, Mays noticed that his daughter was becoming moody. "I don't know if this is just normal adolescence or a delayed reaction to everything she's been through," Mays says. "I just feel like I need some time without any interference to find out what's wrong."

After Mays grounded Kim until her grades came up, he called the Twiggs' psychiatrist to cancel their November visit. (All communication between the two families is through third parties.) When the doctor balked, Mays insisted and refused to reschedule the meeting until after Christmas. On December 23, 1990, Mays says he received a letter from the Twiggs' lawyer demanding visits every other weekend, every other holiday, every other birthday, every Mother's Day, every other Father's Day, and six weeks each summer—far more than the Twiggs had ever requested.

"It's the type of visitation you ask for after a divorce," Mays says angrily. "It's 'You either conform, or we'll take you to court.' "

Each family expects to see the other in a courtroom sometime this spring over the visitation issue, and Ernest Twigg hints that he and his wife may ask for custody. Where it will end is almost as big a mystery as how Kimberly Mays and Arlena Twigg went home with the wrong parents.

How all this is affecting Kim also remains to be seen. "I don't think any of us knows what is going on inside Kim," says Ruth Mays, Bob's mother.

For the Twigg family, the situation seems much simpler. Kim, says Ernest Twigg, has his nose and Regina's cheekbones. And her mannerisms? Well, sl just like one of the other kids.

Asked whether he and his wife co be hurting the daughter they wor so hard to find, Twigg bristles: "I k of feel that she's a Twigg all the w Every time we met with her it great. I didn't see anything bad. we're asking for is some of her life.

In the center of the storm, Kimbe Mays seems disillusioned and tigued. She denies any curiosity ab the Twiggs, and she becomes mor when asked about them. "It's b really hard for Dad to tell me about these things," she whispers, her h bent. "It hurts him a lot."

For Mays himself, the fight se one of life-and-death importance. anything, I'm more possessive of K than before," he says emphatica "My wife died. My only biological c is gone. Kim's all I've got left."

He stops for a moment before voic a dejected yearning for the impossi "I wish Arlena hadn't died," he s quietly. "If she hadn't died, no would have had to know. I wish had never happened. I wish I co have gone to my grave believing Kim was my biological daughter."

Kathryn Casey is a contributing ed of Ladies' Home Journal.

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continued from page 128

seven plays would be in the repertoire at once, so it meant that I had the chance to create many characters and keep more than one of them in action at any given time. What excitement! What a trap! The day came when I was asked to play two totally contrasting roles in different plays. One, Rose, is a lusty and well-fed country girl. The other, Barblin, is a starved freedom fighter. Well, the way the schedule was planned, I got to play Rose on Tuesday and Barblin on Saturday. Fat for comedy, thin for tragedy! I rose to the challenge, gaining and losing ten pounds between performances.

I fell rapidly into the yo-yo syndrome. Start a diet, lose weight, feel deprived, and then eat more than ever. I felt unwell much of the time: bloated after a binge, light-headed after a fast. I tried the medical route, too—a daily fix with a needle or a handful of pills.

One day a call came for me to have a meeting with my boss, Laurence Olivier. I was apprehensive, as this was not an everyday occurrence.

I dressed smartly for the meeting with my usual early-sixties mask of makeup to hide my pudding-y face. Dark contouring looking like bruises, pearly white highlight on my cheekbones. Pale lipstick, heavy black eyeliner and false eyelashes. Oh, God, do I remember those eyelashes! Sir Laurence offered me a glass of tomato juice and sat me down. "Baby," he said, his eyes rolling to the ceiling in a strange parody of himself, "we really don't have any parts for you next season."

Gulp.

"You just don't have enough expertise, and quite honestly, I can't foresee the day when any director is going to give you a leading role."

The tears started. "But, Sir . . ."

"You are *brilliant*, baby," Sir interrupted, rolling the *r* and snapping the *t*, "but you are our flopsy bunny actress." Something that looked like a dead cockroach was floating in my drink. It was one of my false eyelashes.

"It might be better for you to leave."

I retrieved my eyelash, mumbled and left the room. All I could think of was "flopsy bunny." I cried all the way home, then finished out the season. Just small roles, and sadly the day came for me to pack up my things. The summer stretched ahead.

The fat ogre takes over

At about this time, my sister had been offered the title role in a film to be called *Georgy Girl*. It was the story of a large and lumpy girl, living in wh was then called "swinging London."

One evening, the producer of *Geor Girl* called. "We've just had word th Vanessa hates the script and h dropped out of the movie. We feel y should play it."

I felt elated and yet terrified, ve uncomfortable about Vanessa's i volvement. I called her in Rome to fi out what was going on. "I think t script is a load of old rubbish," s said. "But for God's sake, if you wa to do it, do it. I wish you great su cess." Whoopee!

The director had told me, "Do diet. Georgy has to be big and aw ward. Go and enjoy yourself. Eat."

I was in heaven. I had a starri role in a movie, and I also had a licen to *eat*.

Georgy Girl got me an Osc nomination. And I didn't even feel u comfortable when compared with sister, for she got her own Oscar nor nation for *Morgan*, and together made the cover of *Time* magazine.

I felt on top of the world. And c ping it all, I was in love. I met Jo Clark, a fellow actor, and we w married on April 2, 1967, after a he spinning courtship.

During those incredible months postponement diet had worked beau fully, for I was too busy, too happy a too excited to find it difficult.

After attending the Oscar cere nies with my sister and my mother yes, Elizabeth Taylor won for *W Afraid of Virginia Woolf*), John an flew back to live in London. We wa ed a family right away.

A new movie made another wei gain necessary, and I was cooking u storm for my new husband. Bu thought I could handle it. Then doctor warned me to be careful w my weight if I wanted to get pregna

I discovered an amazingly easy out of this dilemma. I started throw up. Disgusting as the thought was beat looking at myself growing b into the old Lynn. Not very often, when I'd gone over the edge. It seem like the perfect solution.

John knew what I was doing, because he was sympathetic to need to stay slim, he felt it was lesser of two evils. He said, no big d that's what the Romans did.

My flirtation with this potenti hazardous method of weight con was temporarily halted when I lear I was pregnant. We were ecstatic. pregnancy allowed me to feel th could—and should—eat for two.

By the time I went into labor, I fifty pounds up. We named our Benjamin, and he was gorgeous. T turn to work, I had to (contin

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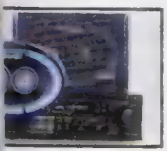

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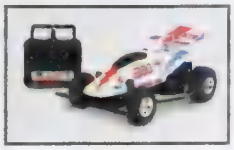

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LYNN REDGRAVE
continued

drop the excess pounds. So I began to combine my t methods of control: nothing for breakfast, a light lunc and for dinner a huge feast that I would then get rid of became hooked. I knew how self-destructive I was beir but I was so frightened by the power of food that I w prepared to live this way.

Then we conceived our second baby, Kelly, so again I h a reprieve. Eating to make a baby's okay because wh you're pregnant you're not fat—you're pregnant, right?

We raised our babies in London, and moved west to t Republic of Ireland for two years. Then out of the bl came an offer to do a play in New York, and I accepted. *My Fat Friend* is the story of a young woman named Vic who goes from two hundred pounds to slim and trim duri the course of the play.

I was to wear a padded costume, but even at my hea est, I'd never been as big as Vicky. I felt I needed help w the role. So I went to a Weight Watchers meeting to ideas. I saw that Weight Watchers is "people helping p ple" and that with group support, members could lea self-love. Those words would come back to me years lat

I went back to rehearsal the next day and hit exactly right note for the first scene. When *My Fat Friend* end after a run of almost a year, we decided to stay in Ameri I continued my pattern of starving and pigging out. wanted to give myself "a special treat," I resorted to vor ing, although I began to notice tiny telltale signs on face. Little broken blood vessels around the eyes, swol eyelids. But it was my well-kept secret.

Until the day I found myself on an airplane sitting n to Gilda Radner, the comedienne who had recently mad name for herself on *Saturday Night Live*. We were hav a drink when she suddenly confided in me that she bulimic. She said she just had to tell somebody. I told that I had the same problem. She was as amazed as I w and somehow sharing our confidences shook me a gr deal. I thought about it for days afterward and came to decision to stop doing it.

John and I spent several years in New York, and worked in the theater, often together. Then television gan to lure me away to the West Coast, and I began sitcom *House Calls*. It was an instant hit.

During that time, my daughter Annabel Lucy was b Annabel was breast-fed by me for thirteen months, des a great deal of unpleasantness caused when I was f from my *House Calls* job. Why? I don't know to this although I have pretty strong suspicions. I became kn as "the actress who wanted to breast-feed her baby on set." Well, that was an awful misrepresentation. A wanted was my baby nearby in my dressing room, so th could be with her and feed her during my breaks.

After that terrible ordeal, I moved to a new sit *Teachers Only*. During this period I was about tw pounds over what I call my fighting weight. I'd had months of pregnancy, thirteen months of nursing, all time eating to make a healthy baby. Now I had to retur my old way of life, fasting and feasting. I just didn't w to anymore.

Panic—during the two weeks that followed the en nursing, I gained another seventeen pounds. I wante lose weight, but I also wanted to gain control. I looke myself in the mirror, and I didn't like what I saw. Hi under hair and a shapeless dress, I was still Georgy G

The key to control

I thought back to my one visit to Weight Watchers. C they be the key to success? I called to get the nea

ion and meeting times.
elly, then twelve years old, wanted me, too. Only the day before, I'd d her crying because she didn't to go to a school swimming party ng overweight. There's definitely thing to heredity, I thought.
was hard for me to walk in that day. I looked pretty ghastly; no eup, dark glasses, elastic-waist nancy jeans, and I weighed 161½ ds, down a bit from my worst— I nervously signed up under my ied name, Lynn Clark.
e first couple of weeks on the pro- were wonderful. I lost over six ds the first week, and four the nd, before I settled down into a ly one to two pounds per week. It ed to me that I was eating more than I was used to. The choice was , and I was surprised to find that ood was really forbidden. The tity was limited, yes, but nothing looked on as being "bad."
realized something that I hadn't believed till then. I wouldn't ever r again as I had for the last twen- ears. I was acquiring the skill of ht control which would be mine he rest of my life.
al weight at last, I celebrated. n frustrations came up with work, ld have hit the food wagon with a eance. But I didn't. For the first time life, I dealt with the stress without ing it to push me out of control.

ing peace with the past

n the call came asking me to be- spokesperson for Weight Watch- rozen foods, I simply assumed they that I'd been a Weight Watchers ber. But then one of the advertis- xecutives called. "I feel really em- ssed," the voice said nervously y husband, "we know how thin wife is, but . . . for truth in adver- g, the client does insist that Lynn d Weight Watchers meetings for le while."
hat do you mean?" said John. n's been a member since July."
nned silence, throat clearing.
e had no idea—you mean she lost nt on the program?"
s, thirty-five pounds."
ise of champagne corks popping, gency people falling off chairs.
newfound freedom coincided the closing stages of my father's lness. Having said farewell to my gre, I now had an overwhelming to make peace with him before d. I longed all my life to feel that ved me, and only in his decline e begin to show it. For my part, it was only as I became more the t to his ever-weakening child I could reach out fearlessly to him. Parkinson's disease led to his death in early 1985.

Since then, there have been wonderfully happy times with my fast-growing family, with my husband of twenty-four years, and of course, there's always my acting, which I love. As the Weight Watchers slogan so aptly says: This is living!

LYNN'S TEN BEST TIPS

I've kept those thirty-five pounds off since 1982, and over the years I've picked up some great tips that have helped me to stay in control.

1. Never tell anyone you are on a diet. It implies that someone else is in control of what you eat. This seems to challenge other people, such as your best friend or mother, to try to take control themselves.

2. Always eat sitting down, and don't talk on the phone, watch TV or do anything else. Make your dining experience a sensual and enjoyable one.

3. Keep to a schedule. Eat three meals a day, preferably at the same time each day. Try not to eat late at night. When I'm acting in a play, I sometimes have to break this rule, but I make sure my late supper is something light—steamed vegetables or a salad.

4. Eat slowly. It gives your stomach time to tell your brain *(continued)*

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LYNN REDGRAVE
continued

when you've had enough.
5. When eating out, ask for the doggy bag *before* you begin your meal.
6. Set a reasonable goal weight *without* a time limit. If you say, "I must lose fifteen pounds in three weeks," you're setting yourself up for failure.
7. Don't weigh yourself every day—it's misleading and can either make you depressed and feel like bingeing, or make you feel like indulging yourself.
8. You don't have to go to aerobics classes to get a good workout. To incorporate physical activity into my life, I work on our land, mow the grass, swing a scythe to clear the brush and unload bales of hay. I also walk, swim and bicycle, depending on where I am.
9. If you're craving something sweet, don't instantly turn to cake or cookies. Sometimes it's possible to satisfy your sweet tooth with sugar-free hot cocoa, cappuccino made with skim milk or diet chocolate pudding.
10. When you overindulge, don't think of it as cheating—you'll feel you should be punished. Instead, take responsibility. Say to yourself: "I wanted that piece of chocolate cake, so I ate it. I don't have to feel shame. I'll simply allow for it in my daily food plan." ■

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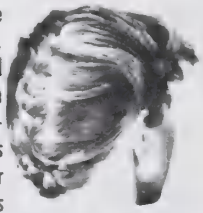

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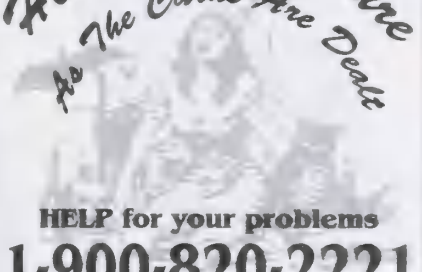

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The handwriting's on the wall!
—*Carole Holien*

NANCY® by Jerry Scott

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OUT OF THE MOUTHS OF BABES

I overheard my husband telling our son Sean, who is seven, that we were married nineteen years ago this month. "I've known your mother almost half my life," he pointed out. "That's nothing," Sean said. "I've known Mommy *all* my life." —*Adriana M. Garbelman, Hampton, VA*

As I was driving him to school, my eight-year-old realized that he had forgotten to do his homework. "If Mommy forgets to do something at work, she has to accept the consequences," I lectured. "Yes," he responded, "but do you have to miss recess?" —*Philomène d'Ursin, La Jolla, CA*

I was watching a comedy special on TV one night when my three-year-old daughter crept downstairs. "What's so funny, Mommy?" she asked, as I roared at the show. "Oh, that joke is over your head, Amanda," I replied. She looked toward the ceiling and said, "Where?" —*Julie E. Leiss, Trumbull, CT*

COMING IN June

It's a bargain! Your summer wardrobe needs a boost, but your budget has gone bust? With our super-style picks, you can get the must-have pieces for summer without breaking the bank.

Diary of a dream house Follow one woman's step-by-step makeover that turned a run-down house into her dream home.

Sensational summer parties It's LHJ's annual salute to entertaining, and you're invited to try our menu plans and recipes—they're sure to make your get-together a hit.

Family health and fitness guide Summertime is fun time, but it's not without its worries. Find out how you can enjoy the great outdoors with the family and protect them from health hazards and accidents.

Plus interviews with super stars and lots, lots more! On sale May 14

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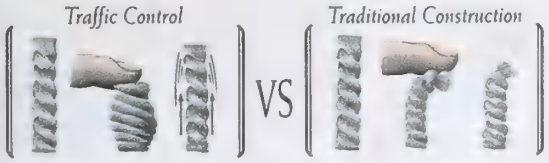

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SO MANY WOMEN FEEL TIRED

NEVER COMING HOME"

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WHAT SHE'S LOST,
WHAT SHE'S LEARNED

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LADIES' HOME Journal® VOL. CVIII NO. 6 JUNE 19

IN THE NEWS

61 • **Up front** Talking with General Schwarzkopf's kids; Madonna's next move; get the lead out, and more.

129 • **Diana: what she's learned, what she's lost** Her prince charming swept her away a decade ago, but her life hasn't been happily ever after. On the eve of her thirtieth birthday and her tenth anniversary, a look at the trials and triumphs of a modern superstar. *By Susie Pearson*

134 • **The wings of love** Exclusive: Jo-Anne Speicher, the first widow of the Gulf War, talks for the first time about her tragic loss, her memories—and her husband's letter from beyond the grave. A moving story you will never forget. *By Kathryn Casey*

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Cover photo: Patrick Demarchelier/Camera Press/Globe Photos. Insets: Royal couple, Sygma; Marie Osmond, Glenn Ha JoAnne Speicher by Randy Batista/Silver Image. Inset of Diana by David Chancellor/Alpha Globe. Photos, this page: to Dick Zimmerman; bottom, Will van Overbeek. Photos of Kevin Costner on page 138 of the April issue: PEOPLE WEEKLY 1990 Jonathan Exley.

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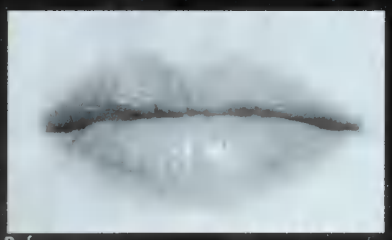

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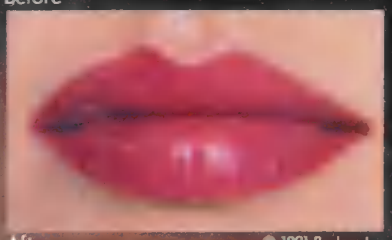

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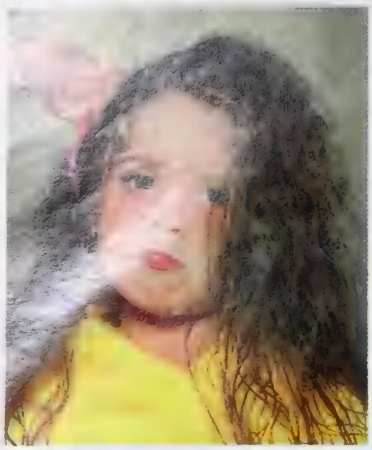

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FAMILIES TODAY

100 • **Boy meets girl** Real-life love stories that will touch your heart. *By Diane Baroni*

110 • **Parents' journal** When kids get homesick; prom woes; and more.

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118 • **Family finance: The last charge** The recession left the Merandos with $22,000 in credit-card debt. Here's how they got back on their feet. *By Charles E. Cohen*

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204 • **Last laughs**

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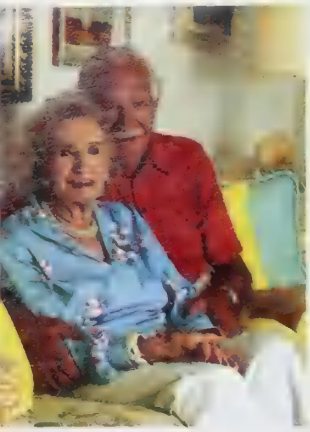
ALL ABOUT JUNE

By Myrna Blyth



MEETING CUTE

One of my favorite stories in this month of weddings and romance is "Boy meets girl" (page 100). But my favorite "how we met and fell in love" story is about my parents, Ben and Betty Greenstein, pictured left. (And don't they look great!) They met on the New York City subway over sixty-three years ago. Yes, in those days a nice young man just might speak to a nice young woman on the subway. And, occasionally, a nice young woman might even reply. When my father got home from that brief encounter, he told my grandmother he had just met the beautiful girl he was definitely going to marry. How's that for love at first sight?

WE'VE GOT STYLE

We've always had chic, class, wit and sophistication, but from now on we've got a Style section that brings together our main beauty, fashion and lifestyle decorating features. This month's stylish treats include "It's a bargain"—all about low-cost, high-impact dressing, "The look of summer"— everything you should know about this season's most flattering makeup shades, and "The diary of a dream house"—how one couple turned their old house into a perfect country hideaway.

TELL US YOUR SECRETS

Finally, don't forget to fill out our special survey, "Uncensored: How American women really feel." In the past, *Ladies' Home Journal* has elicited responses from almost seven hundred thousand women for our series of landmark surveys. We've also made headlines across the country with the results. We think the current questionnaire is interesting, provocative and fun. So get out your pen or pencil and make sure you take part. We're waiting to hear from *you!*

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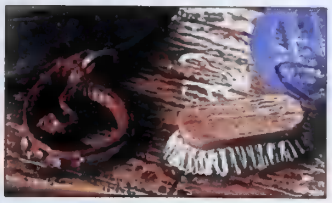

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CAN THIS MARRIAGE BE SAVED?

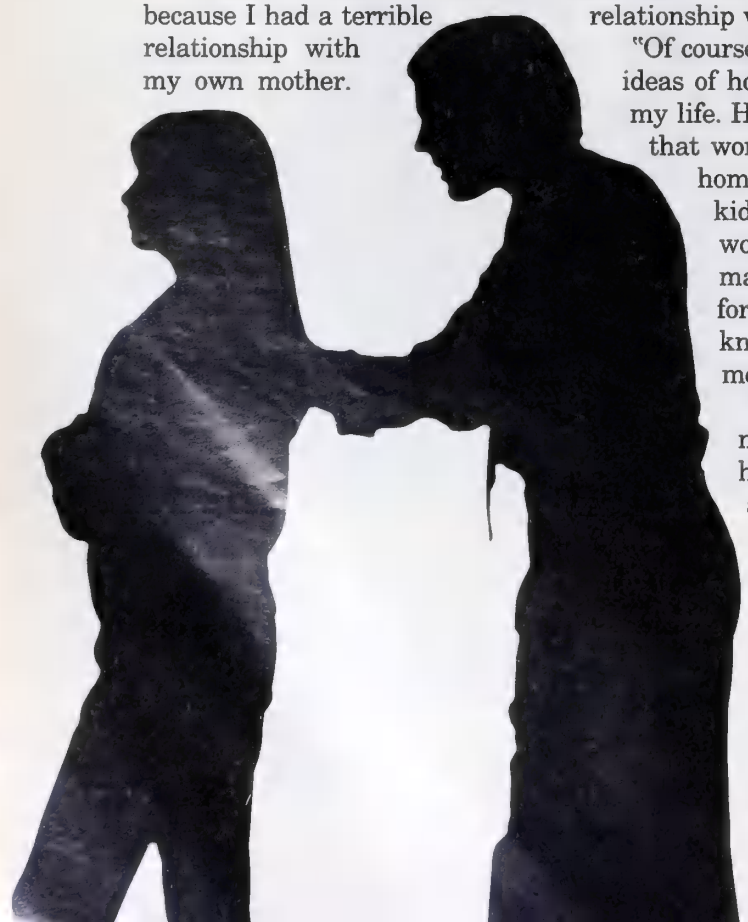
"WE CAN'T HAVE A BABY

Cathy and Tom dreamed of having a large family. They had been trying for five years to conceive, and their struggle with infertility was not only dashing their hope for a child but threatening their marriage.

By Margery D. Rosen

CATHY'S TURN "Ever since I was three years old, I've wanted to be a mother," said Cathy, twenty-nine, a tall, thin woman with shoulder-length blond hair. "It's not like I didn't think anything else was important—I went to college, got my degree in accounting and found a wonderful job in the city. I've been there seven years now, and I still enjoy the work. But to me, being a mother is the most important thing in the world.

"It's kind of ironic, I suppose, because I had a terrible relationship with my own mother.



She devoted herself to my father and us kids—I have three younger sisters—and used to tell me proudly how she and my father never took a vacation alone because she didn't want to leave us with a baby-sitter. She was always reminding me of the sacrifices she'd made for me, but I found her very distant, very critical. My father was just the opposite; he was an administrator with the local school district until his death two years ago, and I had a great relationship with him.

"Of course, he had certain ideas of how I should lead my life. He'd often tell me that women should stay home and raise their kids. I feel every woman has to make that choice for herself, but I know my father's message sank in.

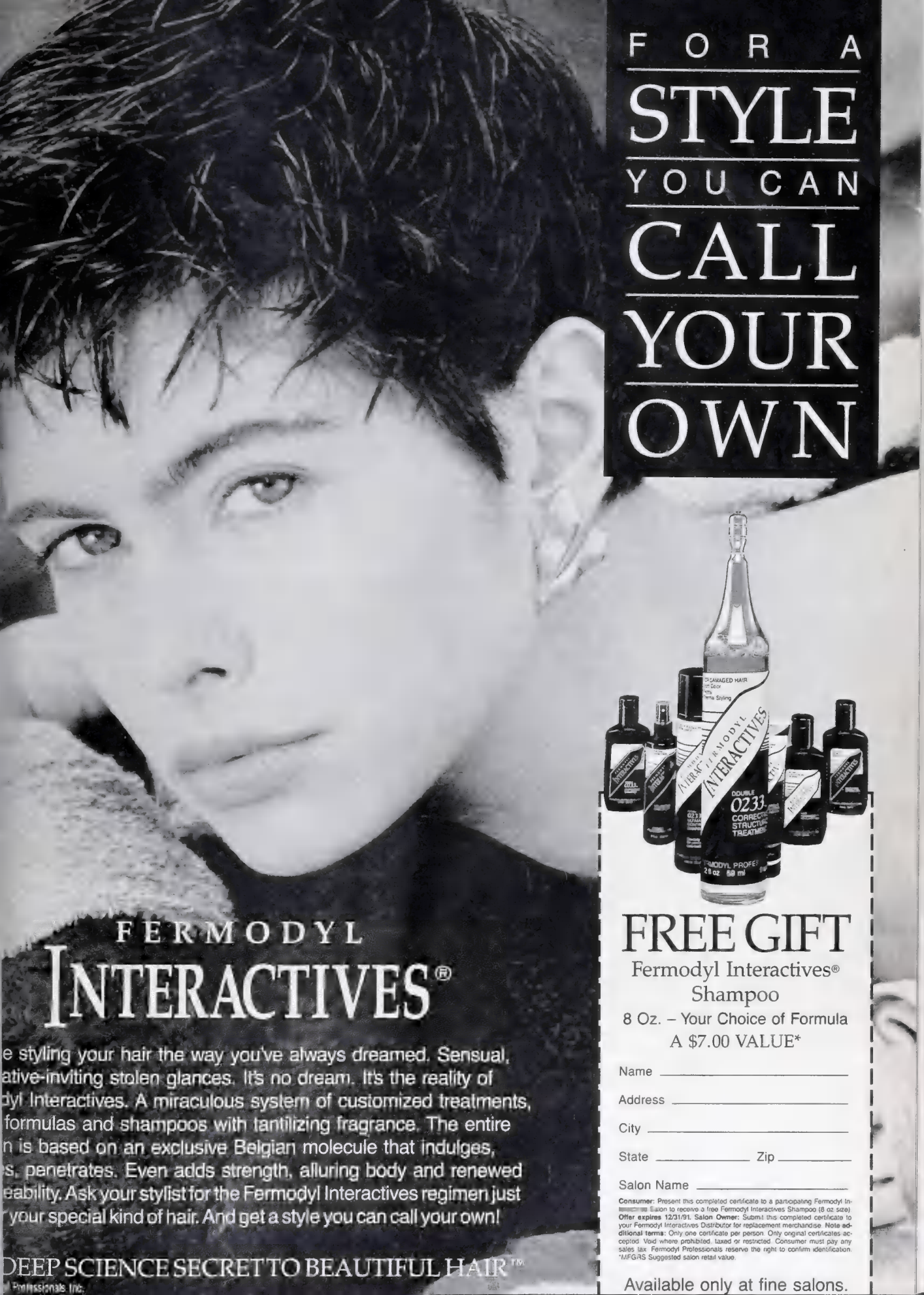
"My parents' marriage was happy, though, and I had a typical suburban upbringing. I was the good kid who studied hard and never dreamed of rebelling. I was twelve when my youngest sister was born, and I practically raised her.

"I met Tom at work. My desk was right behind his, and we became pretty close. Tom is five years older than I am, and he'd been in the Army for several years, stationed in Europe, and was trying to earn enough to get his own place.

"Well, the friendship quickly blossomed into romance. Our first date was New Year's Eve. A bunch of us went for a drink after work; neither Tom nor I had plans that night, and, well, the rest is history.

"Tom was everything I had always hoped to find in a man—he was smart and ambitious, yet kind. He also wanted to have a lot of children and a wife who would put aside her career to raise them. In March, on my birthday, he proposed, and we were married that June. We went to the Caribbean for two weeks, and a few months later, we moved into a beautiful seventy-year-old three-bedroom Colonial on a small lake about an hour north of the city. We didn't know anyone *(continued)*

Introduced thirty-eight years ago, CAN THIS MARRIAGE BE SAVED? is the most popular, most enduring women's magazine feature in the world. This month's case is from interviews and information from the files of Evelyn Moschetta, D.S.W., and Paul Moschetta, D.S.W., a counseling team based in New York City and Bay Shore, Long Island. The story told here is true, though names and details have been changed to conceal identities. CAN THIS MARRIAGE BE SAVED? is a registered trademark of Meredith Corporation.



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CAN THIS MARRIAGE BE SAVED?

(continued) there, but it was a picture-perfect town, a wonderful place to raise kids.

"We started trying to have a baby the day we got married. Having children was the focus of our married life—at least it was for me. But I just couldn't get pregnant.

"I'd read in a magazine that if you've been trying for six months and you still aren't pregnant, you should speak to your doctor. I was anxious; my gynecologist told me not to worry, but I made her promise to give me a fertility drug if in a few months I still hadn't conceived.

"While I had no adverse reactions to the drug, I didn't get pregnant either. My gynecologist referred me to a fertility specialist. The doctors did the basic workup—they tested Tom, too—but nothing yielded a clue. I started taking my temperature every morning and keeping a detailed chart.

"Now I feel like a laboratory specimen. My whole life revolves around my menstrual cycle. The first two weeks of the month I'm nervous but still hopeful. Then I'll get my period and sink into despair. Every time I see a baby on the street or in a commercial, my heart aches.

"I thought Tom would be bothered by the sperm tests, but he's taken the whole thing in stride. Maybe that's why I get so upset; I want him to be more involved on an emotional level, but he's an automaton. Sex isn't for fun anymore, it's for business, and even that doesn't faze him.

"Meanwhile, about a year after we married, Tom found a better job at a small company closer to our home, and he's moving up fast. But the more involved he gets, the more oblivious he seems to what I'm going through. Tom's sister-in-law, Kelly, said something to me at her baby shower last year that I will never forget. 'Cathy, come stand by me,' she said. 'Maybe some of my fertility will rub off on you.' It took everything in me not to burst into tears.

"Tom still doesn't understand why I was upset. He insists I'm too sensitive and implies that I'm crazy to feel the way I do. That's why I'm so happy I joined Resolve. Resolve is a nationwide organization of couples who can't get pregnant. We talk and share information on fertility treatments. Tom comes with me occasionally, but he never says anything. I'm afraid our marriage is falling apart. Tom is working night and day, often seven days a week. If he's working late, he rarely calls. Or he calls, says he'll be home in an hour, and then shows up three hours later.

"When Tom spends so little time at home, it makes me feel worthless. It would be nice if once he did something that made me feel special. He never brings me flowers or gives me a little hug. Not that he ever did, but I'm feeling particularly needy now.

"I'm also tired of spending all my evenings—and most weekends—alone. When we moved here, it didn't bother me that it was far from my friends—I knew it was the ideal place to raise kids. But now I have no babies, no friends and no husband. I sit in front of the TV and eat.

"I know I should go out and make new friends, but how? Most of our neighbors are older, and the women my age are busy with their families. All my work friends live close to the city, and it would take me an hour just to get to their homes.

"The worst is that Tom and I hardly talk anymore. We went for a rare dinner out last week, and I tried to tell him about a new fertility technique I'd read about, but he tuned me out. That happens all the time. Lately, he thinks nothing of criticizing me—my cooking is terrible, the house isn't neat enough.

"It's been five years now. I feel like there's no purpose to my life. I've started thinking about adoption, but Tom won't even discuss it.

"I've started to dread getting up in the morning, because the first thing I have to look forward to is sticking a thermometer in my mouth."

"Having children was the focus of our married life," said Cathy.

TOM'S TURN "I'll do anything to make my wife happy," said Tom, thirty-four, a muscular man with a neatly trimmed beard. "But this baby business has taken over our lives. I'm sick of it.

"So maybe we won't have a child—that's not the end of the world. Cathy says I don't care, that I'm not involved. That's not true. But I see myself as just a player in this game; she's the boss, the one who knows the rules. If she says tonight's the night, well, then, we make love. I go to the doctors' appointments with her; I listen. If they tell me I have to ejaculate into a little plastic jar, I do it. Maybe it's my strict upbringing, or being in the Army and learning to follow orders. I just don't understand what I'm doing that's so terrible.

"I will tell you one thing: I don't feel like spending every waking moment talking about having a baby. Cathy's incapable of having a conversation about anything else. That's why I tuned out in the restaurant. I know Cathy also loves going to these Resolve meetings, but I'm not thrilled to talk about my sex life with total strangers.

"And we never do anything as a couple anymore. We used to go out to dinner or to catch a hockey game. But now Cathy refuses to do anything in the evening because it might conflict with some test she has to have, or maybe we have to make love that night because it's her fertile time. She won't even go away on a vacation—she can't bear to miss a doctor's appointment.

"Let's talk about this not-calling business. I used to call—but every time I did we'd get into a twenty-minute argument about why I had to stay late. And everyone in the office would hear me fighting with my wife. And when I do walk in the door, no matter what time it is, she starts screaming.

"What can I tell you? I love my work. I love the pressure, the challenge. It's very demanding, but it stretches me as a person every single day. How many guys these days can honestly say that they love their job?

"I guess I got this strong work ethic from my parents. My father was a commercial fisherman and my mother was a housewife, and they instilled in me and my four brothers the importance of hard work. We had a strict Catholic upbringing: blue-collar, old values. Dinner was at five on the dot every night, and we ate huge Sunday dinners with all our aunts and uncles. We were close even though no one talked very much—especially about feelings.

"If I had a problem when I was a kid, I'd never go to my father. It would embarrass him to talk about personal things. But I'll tell you this: I never saw my parents fight. That's why it's so hard for me now. Cathy and I fight constantly, but we never get anywhere.

"I didn't have a lot of friends when I was young. The neighbors used to call me the Lone Ranger because I'd hang out by myself. *(continued)*

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CAN THIS MARRIAGE BE SAVED?

(continued) I got decent grades in school and I went on to a local college, but then joined the Army. During my tour of duty, I worked in the accounting department at military headquarters and caught the accounting bug.

"After the Army, I moved back home while I looked for a job. By the time I met Cathy, I was ready to settle down. I wanted a big family, too, but if it's not meant to be, it's not meant to be. Now Cathy's on my back about adopting, but I'm not sure it's right for me.

"Look, I know how hard this is for my wife. But living with someone who is hysterical and anxious most of the time is not easy. She's way too sensitive, takes offense too easily and overreacts. She needs to see you more than I do. That business with my brother's wife is a perfect example. I don't know why Kelly said what she did, but I don't believe she said it to be hurtful.

"Also, if I make the slightest comment—like maybe the chicken was a little dry—my wife slams the plate down in front of me, marches upstairs, slams the door and broods for hours. Cathy is not Susie Homemaker. My mother used to get up at five A.M. to cook my father a hot breakfast, and then she'd spend the rest of her day thinking about dinner, and never complain. Do I resent the fact that Cathy's not more like that? Yeah, sometimes, and if we're having one of our fights, I will say something to that effect.

"I know I'm not the perfect husband, but I love my wife very much. It's getting harder and harder to live with her, though. Maybe you can calm her down."

THE COUNSELORS' TURN "Like many couples, Cathy and Tom's struggle with infertility placed a tremendous strain on their marriage," said the counselors. "Every problem they had was magnified by the infertility issue.

"Cathy and Tom's inability to conceive was a blow to their egos, their sense of themselves as a complete woman and a complete man, but they handled their disappointment in different ways. Tom put his pain in a little compartment and insisted the whole business never really bothered him. To admit that he was having difficulty dealing with his problems would mean talking about them—something Tom had never been able to do. His frustration and anger were manifested in other ways: He threw himself into his work, criticized his wife and was insensitive to her feelings.

"The favorite son, Tom had been babied by his mother most of his life. Though he claimed it didn't bother him that much that Cathy was not an ideal homemaker, his disappointment was evident, and when they fought, he hurled little insults at her. This further weakened Cathy's self-esteem. Though Tom insisted his family was close, in reality, they adhered to the trappings of closeness but not the substance.

"Cathy's struggle with infertility was more obvious than her husband's: To be a mother was her main goal in life, and her inability to reach it was devastating. Her frustration was compounded by the physical stress of having to monitor her temperature and blood counts, the surgeries and procedures she had to endure, as well as the feeling that her husband was unsympathetic to her unhappiness.

"Though Cathy had never felt fully wanted or accepted by her critical mother, she had felt loved by her father, and she expected her husband to cherish her the way Daddy had. To some extent, her sense of self was also defined by her father's views about women's place in the home. Instead, Tom was a closed-down, mechanical kind of guy, more like her mother than her father. Furious and disappointed at his lack of sensitivity, she bottled up her anger.

"The biggest problem for both of them was learning to recognize and deal with their anger. We spent many sessions simply talking about this, and in time, they both learned to recognize that some of the things they did and said could be handled in less destructive ways.

"For instance, we told Tom he had to learn to stop scapegoating Cathy, to pay attention to her feelings and respect them even if they didn't seem logical to him. 'Just because you don't feel the way she does,' we said, 'doesn't mean she's crazy.' In time, Tom learned to listen when Cathy talked rather than immediately dismiss her as hysterical. Once she felt her husband was really listening to her, Cathy didn't feel the need to constantly repeat herself.

"Next, we told Cathy she had to stop defining herself as wife or mother and start forging her own identity. Though we agreed that it's very hard to refocus the way you think about yourself, and particularly hard to meet people and find new interests when you feel so down, we insisted she push herself. She signed up for a ten-week aerobics class at the local YMCA and has started to lose the pounds she gained by overeating. She's also met other neighborhood women there, and next month she will start pottery classes on Saturdays. Over the past few months, she has become less lonely and more happy with herself. As a result, she has interesting things to talk about, so their conversations are no longer one-note monologues.

"Tom also began to realize that part of the reason he and Cathy never did things together was because he was always unavailable. We told him he had to stop putting work ahead of his marriage. Now he's making an effort to give priority to Cathy. If he does have to work late, he is more diligent about calling. We also pointed out to Cathy that Tom can't possibly say to the minute when he is coming home, and she has tried to be reasonable. They've also agreed to reserve every Wednesday for dinner out.

"This baby business has taken over our lives," said Tom, "and I'm sick and tired of it."

"Once the hostility and tension between them eased, Cathy and Tom were able to confront more calmly their inability to have a child. We spent several sessions discussing their feelings and fears about adoption. Finally, we said to them: 'What is more important: to be pregnant or to be a parent?' Once the issue was phrased like that, they both agreed that as much as they longed for a child of their own, it was more important to be a mother and a father. Though they have not abandoned all hope, they began to face the problem more realistically and decided to pursue adoption.

"Cathy and Tom stopped coming to see us after ten months, though Cathy still visits every once in a while to touch base. Last week she told us with joy that she and Tom hope to fly to Texas at the end of the month to adopt a baby. We're confident that in spite of other pressures, they have finally learned to put their marriage first." ■

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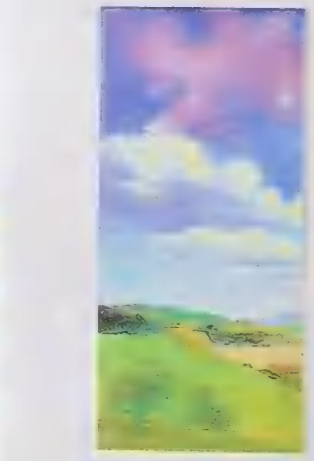

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"I WON'T BE A VICTIM"

I was molested and nearly murdered in my own home by someone I never feared: the teenage boy next door. But I fought to stay alive—and I'm still fighting against the stigma of sexual assault.

By Daling Collier

By coming forward publicly, Daling Collier hopes she can help lessen the stigma of rape and give other survivors the courage to speak out

I am a rape victim, and unlike many women in my situation, I have chosen to speak out openly about my ordeal. I hope that my story will give others the courage to report assaults and help bring their assailants to justice.

The attack against me didn't occur in any of the spots you might imagine, like a dark alley or a deserted nighttime street. Instead, it took place in my own house, on an ordinary weekday morning. And the man who assaulted me was not some psychotic stranger but a next-door neighbor, someone I thought I had no reason to fear.

By 8:30 A.M. on September 6, 1989, my husband, Gary, an Army recruiter, was at work, and my sons, seven-year-old Cameron and five-year-old Brandon, were at school. I was just getting ready to pay some bills when I heard a knock at our front door. Though our suburban Denver neighborhood is considered generally safe, I always look at visitors through the peephole first; this time, the caller was Donnie Russell, the eighteen-year-old son of our neighbors.

The Russells had lived next door to us for two years, and we talked with them over the fence from time to time. Donnie had always seemed like a nice, quiet kid. Just the week before, Gary had picked up a case of beer for the Russells' Labor Day party, and I thought Donnie had come to repay him for it.

When I opened the door, Donnie asked, "Can I use your phone?" I assumed he had been locked out of his house, so I let him in. When he finished his call, I asked if he had the money he owed us. "No," he said. "But I think I have a couple of bucks." Then he reached into his pants pocket—and pulled out a gun!

I watched in disbelief as Donnie locked the front door, then pointed the weapon at my face. "I know *you* have money, though, don't you?" he said. I pushed the gun away, thinking he was making a bad joke. When he put the gun to my right temple, I knew he was serious.

Donnie ordered me to my bedroom, where he bound my hands behind my back with a cord and tied tube socks around my eyes and mouth. He asked where my jewelry was, and I heard him rummaging through the case. "No," he kept saying, "this can't be it. You have to have more."

He found my purse, and I heard him shaking its contents onto the bed. I had only three dollars in the bag, so Donnie told me, "You're going to have to pay me in some other way." He reached under my shirt and felt my left breast. I moved away, but again he put the gun to my head. This *(continued on page 32)*

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BORDEN IF IT'S BORDEN-IT'S GOT TO BE GOOD

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A WOMAN TODAY

continued from page 26

time, I didn't resist. Although I felt sick at the thoug his touching me, it wasn't worth dying over.

Donnie pulled off my pants, then led me to the baser and told me to lie on the floor. "Now f— me," he sai can't," I said. "My hands hurt too much pinned under Ignoring my complaint, Donnie raped me. I was repu and terrified, but I lay passive, afraid he might tr kill me if I fought back.

After he finished, Donnie took a roll of duct tape wrapped my head with it, leaving only my nose exp Then he shoved me into a closet that leads to a crawl s underneath our stairs. As I listened in agony, prayin would leave, Donnie went back upstairs.

I managed to work my hands free of the cord, but I d have enough time to take the tape off my eyes. Do returned several times—once he said he needed a ham then later asked where our suitcases were. Each tir made a muffled reply and held my hands behind me s wouldn't know they were untied.

After a while, the house grew quiet. I waited abou minutes, then opened the closet door and quietly sli out. But Donnie was still in the house. When he hear door open, he came racing down the stairs.

I heard a "thunk," and my head felt as if it were ex ing. Donnie had hit me with the hammer he had fo I was sure he would strike me again if I remained st ing, so I fell to the floor, pretending to be unconsc He pushed me back through the closet into the s crawl space beyond it.

Donnie left, then returned a minute later and lifte arms. I felt something cut each wrist three or four ti then slash my right thigh. Lying still while he cut me the hardest thing I have ever done. I was in pain panicking—how much was I bleeding? I prayed he w think I was dying and leave me alone.

He left the closet again. I tried desperately to ri tape from my head, but he came back too quickly. time Donnie poked at my chest with something sha realized in a cold flash of terror that he was searchin my heart. If I played dead now, I *would* be dead so reached out and grabbed the blade of the kitchen Donnie was holding, not even noticing that it had cu hand. He was so startled that he let go.

"I'm going to kill you!" I shrieked, wildly slashin knife at the air in front of me. But Donnie got out o closet and leaned against the door, trapping me insid

"Give me the knife," he yelled.

"No!" I screamed. "I have two babies to take care of. take everything and go. Leave me alone!"

"I'm going to do whatever I have to do," Donnie sa don't care if you bleed to death."

I wasn't about to give Donnie that satisfaction. I use knife to cut the tape from my eyes, then tore strips my shirt and made tourniquets for my wrists. While busy, Donnie barricaded the closet door with what I learned was a dresser.

Suddenly, I saw a yellow glow coming through the cracks, and smoke began to seep in. Oh, God, I tho he's set the basement on fire. It occurred to me th I died, no one would know who had done it. I cou let that happen. In my own blood, I wrote "Donnie door" three times: on the floor of the crawl space, o closet door and on a box.

By this time, I felt weak, but the tourniquets stopped the bleeding. The closet was starting to fill smoke, which stung my eyes and throat. I prayed, God, please don't let me die. I *(continued on pag*

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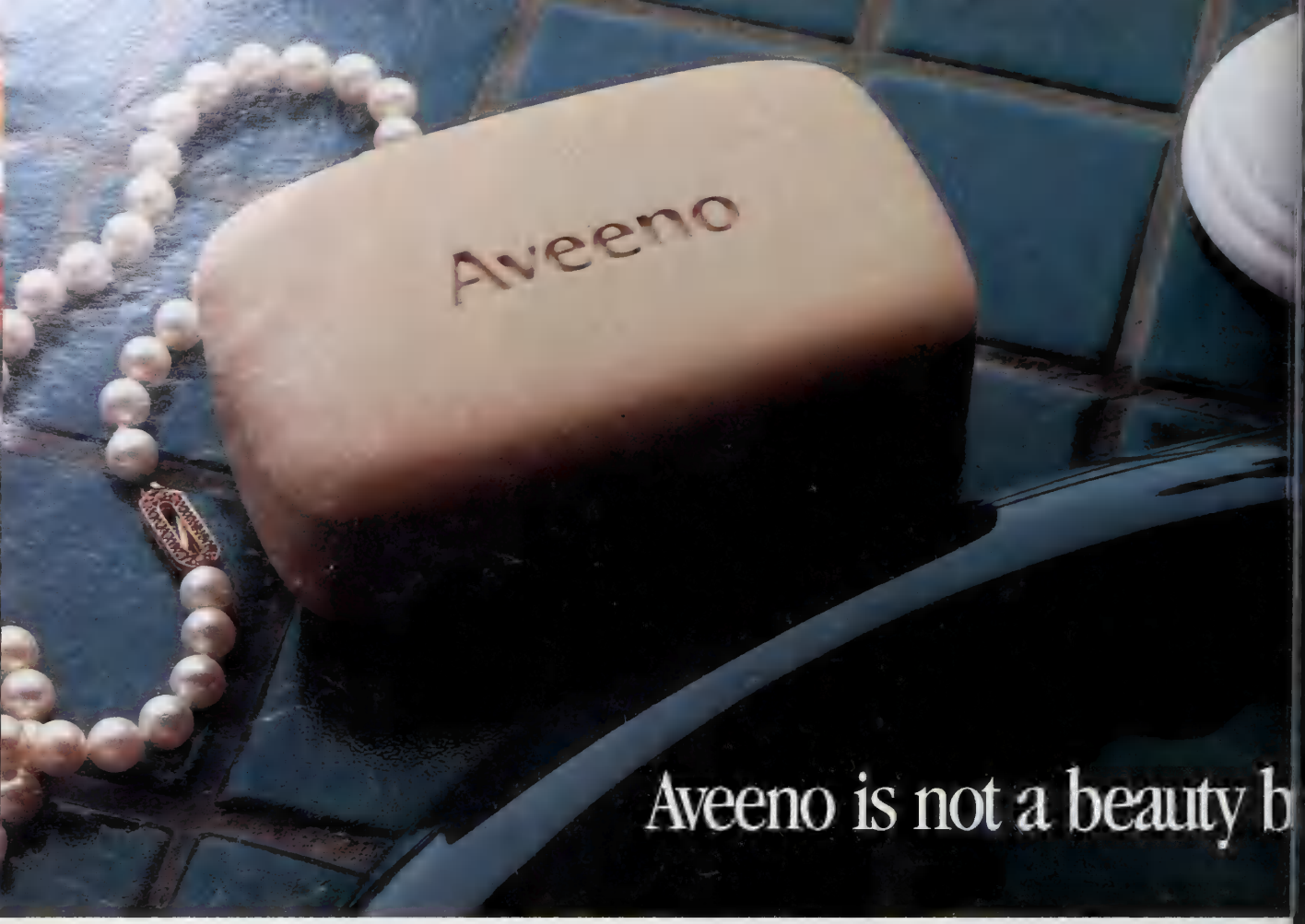

A WOMAN TODAY

continued from page 32

don't want my husband and children to find me like this.

After what seemed like forever, I heard Donnie leave the house. I ran at the door with what little strength I had left and managed to ram it open about six inches. I lay down on the floor to get more oxygen, then kicked the door, and it swung open.

The basement was black with smoke, but a rectangle of light shone through a window in my son's basement bedroom. Choking and coughing, I moved toward it. I had come this far, and I wasn't going to give up now. From the top of the bed, I could easily reach the window. I broke the glass with the knife handle and crawled through to our backyard.

Afraid that Donnie might be nearby, I managed to climb over our six-foot fence to our other neighbor's yard. "Help, somebody please help me!" I cried. A woman came to the window and told me she would phone for help. In a few minutes an ambulance, a fire truck and several squad cars arrived.

When I got to Denver General Hospital, the doctors X-rayed me, stitched my arms and leg, gave me a rape examination and prepared me for surgery to repair the severed tendons in my hand. The police brought a photo lineup to the hospital, and I positively identified Donnie's picture.

When Gary arrived, he took me in his arms and said, "I love you," over and over. He was amazed that I had survived, and overwhelmed with rage toward Donnie. But we talked, and Gary calmed down and turned his attention to taking care of things while I was hospitalized overnight.

For instance, we needed a place to stay. The fire had ruined the wiring in our house and burned most of the basement. Gary arranged temporary housing for us at Lowry Air Force Base.

When he picked up our sons at school that afternoon, Gary kept his explanation short and low-key, not wanting to frighten them. They were mainly worried about me, but I was able to call them that night, and that made the kids feel better.

The police later told us that Donnie had pawned some of our belongings and left town—but not for long. The day after the attack, he was caught in Oklahoma City.

As we waited for my attacker to go to trial, Gary and I went to a rape-counseling session. I told the counselor that I didn't dwell much on the fact that I was raped; surviving had made me feel victorious, and Gary's equivocal support was a great The counselor agreed that I was c extremely well, and I didn't fe need to continue the therapy. (W decided not to take Cameron Brandon for counseling.)

But although Gary constantly sured me that he loved me, h reluctant to discuss the assault afraid he might say the wrong Still, I knew he needed to ve frustrations, so I privately asked of his friends to talk with hi seemed more able to confide in t

As the trial drew near, the asked Gary if I wanted my na vealed to the media (a questio often ask in cases involving r other violence). After talking i with Gary, I said I didn't mind all, I hadn't done anything w Donnie had. At the time, I was only a few rape victims in this c to waive my right to confidentia

Donnie's trial began on May 1 My voice trembled, and I cried stand as I recalled the event wi ful clarity. During the tri learned that Donnie had been c ed of sexual assault once befor juvenile, but he had never serv time in jail.

Three days later, the jury

e Russell guilty of attempted egree murder, first-degree sexu- ault, second-degree kidnapping, egree arson, aggravated robbery econd-degree burglary. He was nced to 104 years in prison.

case received a lot of media at- n in the Denver area. Sharing ory has not been easy, but by public I hope to give someone ne courage to prosecute a rapist. and I feel frustrated that Donnie get a harsher sentence when he rst convicted of sexual assault; it have saved me from having to rough that terrible attack. But ad that I've helped keep Donnie ever hurting anyone else.

rly two years later, I have scars y wrists and thigh and some ness in my right hand. The mem- will be with me for a long time, refuse to live in fear. I go on as I s have—walking my dog alone, ng my door to people I know.

er the trial, Gary told a reporter, don't really know a person until hing like this happens. Daling nown me she has a lot more in an I ever knew." Many people called me extraordinary, but I think I'm special. I just did what to do—I had to live for my hus- and my sons. ■

KEEPING SAFE

According to the Federal Bureau of Investigation, 94,504 forcible rapes were committed in 1989, accounting for 6 percent of all violent crimes that year. However, that figure tells only part of the story. A recent study by the Justice Department estimates that 46 percent of rapes or attempted rapes are never reported.

But some women, like Daling Collier, are finding the courage to tell their stories not only to the police, but to the world at large. Nancy Ziegenmeyer made headlines last year when she spoke openly about her rape to a Des Moines newspaper. Female college students who have been raped by their male peers are also coming forward in an effort to make others aware of this campus danger.

There is no guaranteed way to protect yourself against rape, but there are precautions you can take. The National Crime Prevention Council (NCPC) recommends that you take the same measures against attack that you would against a robbery. When at home, keep your doors locked and windows secured. When out, keep to well-lighted, well-traveled areas when you can. Walk alertly and confidently.

Be careful whom you let into your home. If a stranger or a neighbor you don't know well asks to use your phone, have him or her wait outside while you make the call. If sales or repair personnel come by without notice, don't let them in. Even if they are expected, ask to see their identification first. Don't invite a blind date or new male friend to your house until you've had a chance to get to know and trust him.

If the worst happens, stay calm, evaluate your options and look for a way out. Trust your instincts and consider all possible strategies: stalling for time, negotiating, screaming, vomiting. If the attacker has a weapon, though, it may be best not to resist unless you feel your life is in immediate danger. But, says the NCPC, *always* resist if your attacker tries to force you into a car; the odds of surviving are low for women abducted by an attacker.

After the event is over, go to a safe place and call the police right away. Don't bathe, douche or change clothes—that may destroy evidence.

The police should take you to a hospital. Make sure that you're tested for evidence of rape, and see that your follow-up care includes tests for sexually transmitted disease and pregnancy. Ask the doctor to give you a written evaluation of all injuries sustained. And seek counseling as soon as possible.

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SM
Pick some tropical prints.
Blues as deep as the ocean. The fresh green of kiwi. Grand Nouveau ladies' rayon shorts and tops in the hot, new, tropical prints and colors of summer are at Kmart right now.
Grand Nouveau Oversized Campshirts and Button-Shouldered T-tops in choice of prints and textured solids. S, M, L
Kmart price . . . 12.99-15.99
Grand Nouveau Pull-on Shorts with Pockets in choice of floral print and colors to match shirts. S, M, L
Kmart price 10.9
Styles and colors may vary.
Available at all U.S.A. Kmart stores.
The quality you need, the price you want.

A slew of summer essentials, including slimming swimsuits that hide figure flaws, the best and brightest jackets, great beauty advice and more

BEAUTY & FASHION JOURNAL

IN THE SWIM

SURF'S UP! DO YOU HAVE A SWIMSUIT YOU CAN BEAR TO WEAR? IF NOT, CHECK OUT OUR CACHE OF BATHING BEAUTIES: THIS SEASON'S BEACHY-KEEN SUITS ARE DESIGNED NOT ONLY TO FUDGE TROUBLE SPOTS (THEY CAN SLIM HIPS, TUMMY AND THIGHS!) BUT TO HIGHLIGHT YOUR BEST ASSETS. SLIP ONE ON—WE GUARANTEE IT'LL SET YOUR CONFIDENCE SOARING

▲ AN UNUSUAL ONE-STRAP SUIT PUTS THE FOCUS ON STANDOUT SHOULDERS

Though Jodi Heaston, a faithful aerobicizer, is in great shape, she's self-conscious about her muscular thighs. We suggested that she play up her strength—well-toned shoulders—in Adrienne Vittadini's Tarzan-style suit. It draws the eye instantly up top.

▼ A SUIT WITH PLENTY OF GRAPHIC IMPACT CAN MAKE THE MOST OF A SMALL BUST

Ruth Peebles loves the slimming potential of a basic black tank, but we convinced her that all-black wasn't best for flattering her shape. This suit by Gottex not only whittles her middle but features a jazzy black-and-white cup design and wide-spaced straps that work to subtly recontour her curves.

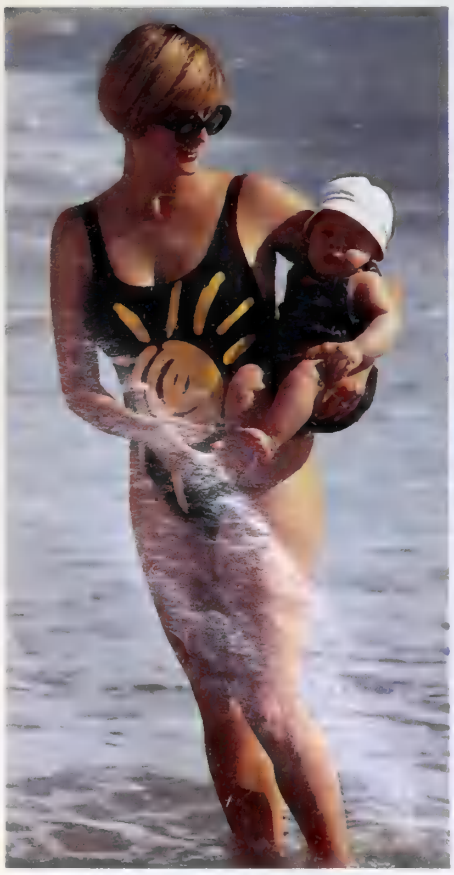
BEAUTY & FASHION JOURNAL

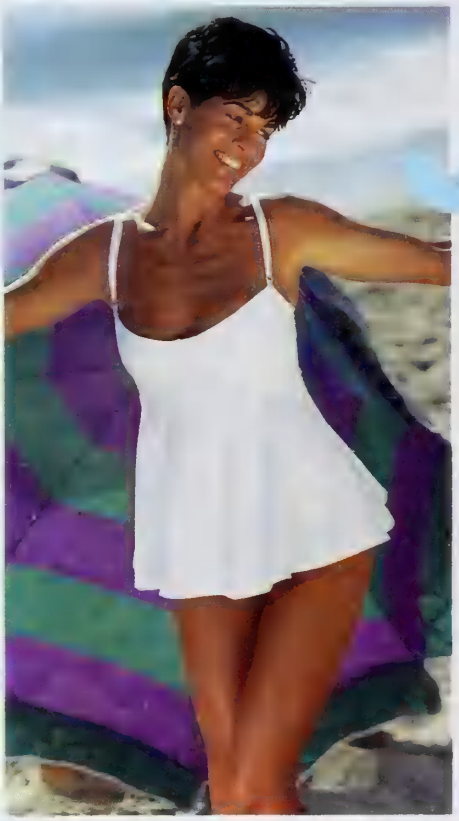
▶ VERTICAL STRIPES ARE SUPER FOR ELONGATING A TOO-SHORT TORSO

Sally Dull's long legs and short body make finding a flattering suit a bit of a challenge. To the rescue: Calvin Klein's bold striped navy-and-orange tank. It reproportions her body beautifully. (P.S. It's also perfect for trimming tummies.)

▼ CURVY ALL OVER? A DARK SUIT IS THE BEST CHOICE TO TRIM WAIST AND HIPS

Having baby Jesse three and a half months ago won't stop Trudi Forristal from enjoying the beach: Ken Done's fun suit shines on Trudi's near-flat tummy (she's almost back to her pre-baby weight); the black background calms curves.





▲ SEARCHING FOR A SEXY WAY TO HIDE YOUR HIPS? SIMPLY SKIRT THE ISSUE

If you're like Andi Mann and are happy with every part of your body except your hips, a swimdress like this one by OMO Norma Kamali is ideal. It has a sexy lingerie-like top, is miniskirt-skimpy to highlight great legs (a separate bikini bottom hides underneath) and cleverly conceals hips, midriff and derriere.

▼ ERASE A PEAR SHAPE WITH A PLUNGING NECKLINE THAT BROADENS THE UPPER BODY

Kathy Mitchell has perhaps the most common body problem—narrow shoulders and wide hips and thighs. Our solution: A bright-blue suit by Anne Klein Swimwear. The V neck and wide-spaced straps bring her shoulders into better balance.

Believe it or not,
you've just struck oil.

Soft and silky, never greasy.
Introducing Johnson's Creamy Baby Oil.

A new moisturizer made from pure Johnson's Baby Oil, swirled light and creamy. Try it. And strike it rich.

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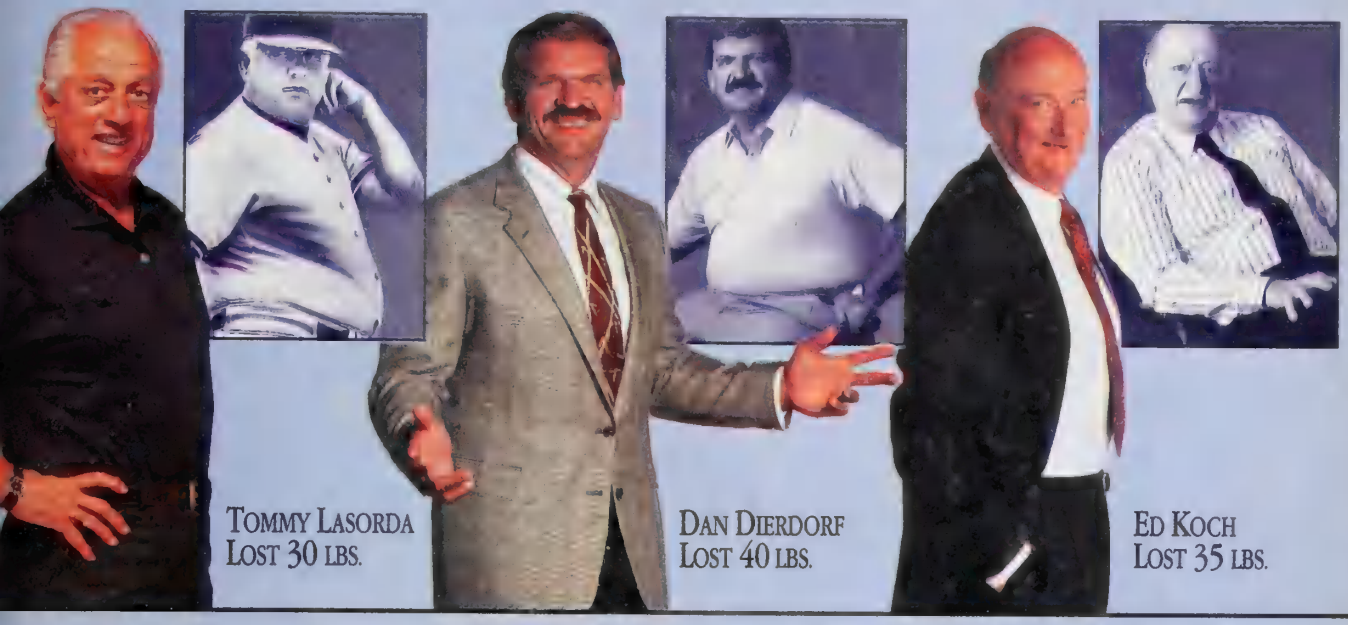
LHJ/OIL OF OLAY "I LOOK GREAT FOR MY AGE" WINNERS

THREE CHEERS FOR THE TERRIFIC-LOOKING JOURNAL READERS WHO LOOK GREAT FOR THEIR AGE . . . AND ANY AGE! GRAND-PRIZE WINNER AMELIA LARD WALKED AWAY WITH $5,000, AND ALL FIVE WOMEN RECEIVED A YEAR'S SUPPLY OF OIL OF OLAY PRODUCTS TO HELP MAINTAIN COMPLEXION PERFECTION. FIND OUT THEIR YOUTHFUL SECRETS

AMELIA LARD, 57
MEMPHIS, TN

When this high school teacher told her students she was our grand-prize winner, the teens tried in vain to guess her age—most were off by at least ten years. "People are always mistaking me for my daughter's sister!" We can see why. Amelia's skin-care routine is basic: She never sunbathes, is careful to wear moisturizer and foundation with sunscreen and *always* cleanses her face with a cream before going to bed, "no matter how tired I am." She also swears by a daily multivitamin. "But most of all," she says, "I try to feel good inside." Bravo! ▶

WE LOST 195 POUNDS.



TOMMY LASORDA
LOST 30 LBS.

DAN DIERDORF
LOST 40 LBS.

ED KOCH
LOST 35 LBS.

CRISTINA FERRARE
LOST 25 LBS.

PETER DELUISE
LOST 40 LBS.

KIM FIELDS
LOST 25 LBS.

Ultra Slim•Fast®...If We Can Do It, You Can Do It!

The Ultra Slim•Fast® plan is easy. A thick, delicious Ultra Slim•Fast shake for breakfast, another for lunch, and then a sensible dinner. You can even have 3 snacks a day! That's why Ultra Slim•Fast works. You see, Ultra Slim•Fast shakes are filling, delicious, and nutritious. They're loaded with vitamins, minerals, protein, and fiber. And they're low in fat and cholesterol.

So if you want to lose weight and feel great, try Ultra Slim•Fast and start losing weight today.

GIVE US A WEEK, WE'LL TAKE OFF THE WEIGHT.

ULTRA
Slim•Fast®

These celebrities may not be typical of the average Ultra Slim•Fast user. Weight loss may vary.
Average weight loss is 3-4 lbs. the first week, 1-2 lbs. each week thereafter. © 1991 Slim•Fast Foods Company.

BEAUTY & FASHION JOURNAL

MARILYN TURNER KELLY, 60, DETROIT

For her sixtieth birthday, this local talk-show host got just what she wanted: a stairclimber. "I'm always on the move. Age can't keep up with me," she says. Marilyn, a vegetarian for the past fifteen years, drinks a huge tumbler of water on the set each day and uses a facial masque once a week to achieve her flawless complexion.

SUMI SHIMAZAKI, 52 LOS ANGELES

"I have extremely dry skin," says Sumi, an administrative assistant. So she's careful to shield it from the strong California sun (especially while gardening—a favorite pastime), and she eats lots of fresh fruits and vegetables for allover good health. But most important, Sumi never goes without slathering on a moisturizer. In the morning, she applies it after showering, while her skin is still wet, to seal in the moisture.

GWEN REID, 47 BEAVERTON, OR

This advertising-agency receptionist found a whole new way of life when she moved from Columbus, Ohio, to Beaverton. Gwen fell in love with outdoor sports, especially skiing and boating, so she's always careful to protect her skin with sunscreen, or at least a foundation with sunscreen. She believes that beauty is more than taking good care of yourself. It's an attitude. "I think I'm at a great age." We do too!

DENISE WEAVER, 40, LOUISVILLE, CO

"When I turned thirty, I started to consider my age. But when I hit forty, I figured it was about time to get down to business and start taking care of myself," says Denise, an office manager. Denise stays in shape, watches her diet and pampers her skin but thinks the biggest secret to looking young is finding a style that expresses how young you feel. "I love long hair, and I always thought that after thirty I would have to cut my hair short. I've since decided that age has nothing to do with it—I'm not ready for a short cut yet!"

Softsoap before.

Softsoap now.

Softsoap® moisturizing soap has always been a gentle way to cleanse your skin while leaving it soft and smooth. Now we've made the softness of Softsoap even more luxurious by adding Silkagen,™ our own unique blend of silk proteins and skin conditioners. New Softsoap with Silkagen has a rich, pearlescent lather that gently moisturizes your skin while cleansing it. Then it rinses away to leave your skin feeling clean, silky soft and smooth. Try new Softsoap in a variety of decorative pump dispensers or economical refills.

Softsoap®. The Difference Is Pure Silk. The Feeling Is Pure Softness.

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LOOK ON THE BRIGHT SIDE

GIVE YOUR WARDROBE A JOLT WITH A GREAT JACKET. THE ONES TO HAVE NOW `ARE LONG AND BRIGHT—THESE ARE TRUE BARGAINS

● **FABRIC FACTS** The key to keeping cool on even the hottest days is to choose a jacket made of a lightweight natural fabric that breathes, such as linen, cotton poplin or silk. A blend like cotton/rayon is a good bet, too, as long as the natural fiber makes up at least 50 percent of the blend. Wear it over a featherweight tee or blouse.

● **RIGHT-NOW STYLE** The longer, the better—ranging from fingertip length to a couple of inches above the knee. These easy-tailored new jackets skim over extra pounds and curves. A deep V neckline is attractive on everyone since it strengthens the upper body and balances the lower body with its inverted-triangle shape. Team with a short, slim skirt, classic pleated trousers, jeans, leggings, walking shorts.

● **CONSTRUCTION CLUES** Very tailored jackets (like double-breasted) need a lining or partial lining to maintain their shape; unconstructed styles don't. Small and rounded or naturally crisp shoulder pads are a plus to balance body proportions.

Liz Claiborne's vivid kelly green nautical-style cotton jacket is slightly tapered, looks suity with a slim skirt; $125. Skirt, Jones New York; tee, Liz Claiborne; earrings, Gerard Yosca

A standout in fuchsia silk by Liz Claiborne; $146. Shorts, Liz Claiborne

J.G. Hook's periwinkle linen jacket goes to great lengths, $160. Tee, skirt, J.G. Hook; bag, La Bagagerie; earrings, Mark Spirito

One of our favorites: a clean-lined classic in cherry-red linen by Ann Taylor, $120. Trousers, Jones New York; blouse, Equipment; earrings, Agatha; bag, Gucci

When you get all the bladder control protection you need without the bulk, what do you have?

Serenity.

Introducing Serenity® Guards. Revolutionary Bladder Control Protection.

Millions of women have it. It's part of being female. And it could cause embarrassment. It's poor bladder control. But now, they've discovered something new. They've found Serenity.®

Absorbs more where you need it most.

Although Serenity is small enough to hold in your hand, it's just as absorbent as something five times its size. So it absorbs more where you need it most.

It turns liquid into a gel that won't leak.

Try it. Pour a half cup of water into a Serenity Regular Guard. Wait a few seconds, then turn it over. Nothing leaks. Proof of its effective protection.

With Serenity® Guards, you'll have the protection that keeps you dry, comfortable and secure.

Protection that lets you feel like a woman again.

ase consult your physician
arding your incontinence condition.

Johnson & Johnson

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WHAT'S HOT

EVERY SUMMER HAS ITS MUST-SEE MOVIES, BUT LAST YEAR'S ACTION SEQUELS FAILED TO THRILL, WHILE *GHOST* STOLE OUR HEARTS, AND A SMALL SPRING RELEASE, *PRETTY WOMAN,* GREW INTO BIG BOX OFFICE. HOLLYWOOD HONCHOS LEARNED FAST, AND NOW THEY'RE RELEASING A ROUND OF ROMANTIC COMEDIES, DRAMAS AND ADVENTURES THAT ARE ACTUALLY AIMED AT ADULTS, AS WELL AS A FEW FILMS FOR THE WHOLE FAMILY. SO GRAB YOUR MICROWAVE POPCORN AND JOIN US FOR AN EARLY LOOK AT THIS SUMMER'S HOT TICKETS.

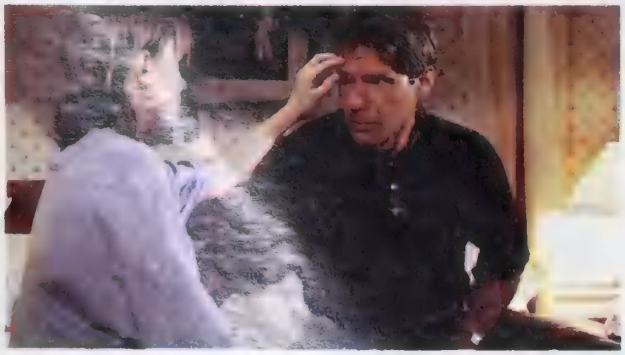
SUMMER SIZZLERS

ROMANTIC COMEDIES

SOAPDISH Can you picture perky Sally Field as a spoiled soap-opera queen? Producer Alan Greisman (her husband) can, and he also cast Whoopi Goldberg as a frustrated soap writer. Kevin Kline is Sally's old flame, who comes back to rekindle their romance. After a couple of heart-rending dramas, our gal Sal seems ready to make us laugh again. [June]

ONLY THE LONELY Maybe producer John Hughes is spending too much time by himself: First he created *Home Alone.* Now comes *Only the Lonely,* starring John Candy as an aging bachelor who's bowled over by Ally Sheedy. [June]

MELLOW DRAMAS



REGARDING HENRY Harrison Ford goes from being *Presumed Innocent* to presumed different in this story about a ruthless lawyer whose life changes when he's almost killed in a robbery. He loses his memory, but with the help of his loyal wife, Annette Bening (*The Grifters*), he eventually rediscovers the value of love, family—and a decent haircut. [July]

BILLY BATHGATE *Dustin Hoffman is talking tough again, but instead of mumbling as he did in "Dick Tracy," he's shooting straight as New York gangster Dutch Schultz. Nicole Kidman (Mrs. Tom Cruise) is a gun moll with moxie who shows hoodlum wannabe Billy (newcomer Loren Dean) that although Dutch is a goodfella, he's not a great role model. [June]*

Pillsbury Company

FIGHT FAT AND CHOLESTEROL! HAVE A MUFFIN.

If you're fighting to keep your snacks low in fat and cholesterol, New Lovin' Lites™ Muffins are for you.

99% fat-free, 100% cholesterol-free. With the taste that's 100% Pillsbury. Lovin' Lites™ Cakes, Frosting and Brownies too.

Lovin' Lites™

Mixes and Frostings

WHAT'S HOT

DYING YOUNG Julia Roberts—previously seen *Sleeping with the Enemy* and curling up with Richard Gere in *Pretty Woman*—now has a different sort of bedside manner. Roberts is hired to take care of a rich young man who's dying of leukemia (Campbell Scott, of *Longtime Companion*)—and ends up falling in love with him. Noble guy that he is, Scott tries to encourage her to get involved instead with a healthy neighbor. Of course, we won't tell you which suitor suits Julia best. [June]

HUNKY HEROES

HUDSON HAWK We've seen him *Die Hard*. We've seen him die harder. In *Hudson Hawk*, Bruce Willis is still living dangerously, as an ex-con who must foil a plan to steal three Leonardo da Vinci pieces from Europe's most renowned museums. (And you thought his only highbrow aspect was his receding hairline!) [June]

ROBIN HOOD: PRINCE OF THIEVES Female fans who thought he looked great in baseball togs and a Civil War uniform will go gaga when they see Kevin Costner don doublet and hose as that irresistible rogue Robin Hood. Mary Elizabeth Mastrantonio *(Class Action)* is Maid Marian, and Morgan Freeman is one of Robin's pals. [June]

POINT BREAK *Just when you thought it was safe to go back in the water, Patrick Swayze hits the beach—and the bleach—as a mysterious blond surfer who's suspected by F.B.I. agent Keanu Reeves ("Bill & Ted's Excellent Adventure") of masterminding a series of bank robberies. If that sounds unlikely, well, who would have believed that playing a dead investment banker could revive his career? [July]*

FAMILY FARE

ROCKETEER The folks at Disney are hoping that this mix of *Flash Gordon* and *Indiana Jones* will ignite the screen. Featuring Timothy Dalton (the most recent James Bond), *Rocketeer* blasts off when a young World War II pilot (Bill Campbell, formerly Luke on *Dynasty*) straps on a rocket and becomes a heroic human flying machine. (General Schwarzkopf, take note!) [June]

RADIO FLYER Lorraine Bracco (*GoodFellas*) plays the mother of two lads who hop on a flying red wagon to escape trouble with stepdad Adam Baldwin (Alec's little brother). Guess wheel life's better than the real thing. [July]

he fastest-climbing new 4x4 in America.

Almost overnight, Explorer passed all the rest to become the new leader, the best seller in its class.
But then, Explorer does have the power of a 4.0L EFI V-6. Driving on, or off, any road is almost effortless.
You can go from 2WD to 4WD High and back, on the fly, at the push of a button.
Because the 4-door Explorer has more overall passenger and cargo room than anything in its class, you'll travel in unexpected comfort.
The long list of amenities and features lets you personalize this unique environment.
Discover Ford's newest winner. You'll understand why it got to the top so quickly.

le up — together we can save lives.

ur Explorer is ready.

Ford

Have you driven a Ford... lately?

STAR

MARIE OSMOND'S NEW HARMONY

During the years, we've watched her grow from tuneful teenager to TV star to mom and respected country singer. Now Marie Osmond is getting our attention again—this time by raising millions to help sick kids. **By Jeanne Wolf**

When she's not striking a glamorous pose, Marie devotes hours to needy kids (here, at Childrens Hospital in L.A.)

High-decibel nostalgia—that oft-revived World War II Andrews Sisters classic "Boogie Woogie Bugle Boy"—blasts from office stereo speakers. This is the Provo, Utah, headquarters of Marie Osmond's manager, and the sprightly singer on the tape is unmistakably Marie. Right now—and in person—she's improvising a lively dance step, and having a good time.

"Oops," she says with a laugh, finally noticing a visitor, "I wasn't expecting you yet." She gives her head a self-conscious toss. "I just came from home, and my hair isn't even dry."

That apology from any other woman might indicate a real mess. But Marie's stylish tresses look as if she'd just come from posing for a shampoo ad rather than the shower. Her sophisticated outfit adds to the effect, although the short (a few inches above the knee) black skirt and snug V-neck sweater might seem more appropriate in Los Angeles than Provo, where ski jackets and sweats abound.

This isn't unrelieved big-city black, mind you: She's also sporting bow-shaped silver earrings, and a black-and-white polka-dot bow, matching her dotted jacket, is tied around her head. Those whimsical touches recall another Marie, the adorable teenager who, along with her handsome brother, enchanted millions of TV viewers on *Donny and Marie*. Now she's a grown-up country singer. Still, isn't this look a little racy for this thirty-one-year-old, deeply religious mother of three?

"I don't think there's anything wrong with being attractive," Marie declares. As for her curvaceousness, she says, "I don't have much choice in the matter anyway. I'm built like my mother. My neckline is actually higher than most women are wearing today." Marie gestures to somewhere in the vicinity of her waist. "They wear it clear down to here.

"It's like this skirt," she continues. "I wore it the other day and somebody wrote, 'She walked in wearing her miniskirt.' Give me a break. I've never worn a miniskirt." Then *(continued)*

GALLBLADDER SURGERY.

What if you can't or won't have it?

What you should know about gallstones. Not every gallstone needs treatment. Patients with mild symptoms might just be watched by their doctor to see if there are further developments.

If, however, your doctor has told you that you do need surgery, and you can't or won't have it, your doctor may prescribe Actigall,® ursodiol.

What is Actigall? Actigall is an oral medication that is prescribed for patients who either can't or won't have surgery and who have symptomatic cholesterol gallstones that are small in size (less than 20mm in diameter). Taken in capsule form, Actigall is a naturally occurring agent intended to dissolve the most common type of gallstones.

Actigall has been safely used in other countries for over 10 years and is available in the U.S. As with all prescription medications, Actigall may cause side effects. The most common side effect is diarrhea, which occurs in less than 1% of all patients.

Actigall therapy may take six to 24 months, and dissolution may not occur in all cases. Recurrence of gallstones within five years of complete dissolution has been observed in up to 50% of patients.*

Ask your doctor. Only your doctor can decide if Actigall is right for you.

actigall®

ursodiol

300-mg capsules

A message from Summit Pharmaceuticals, Division of CIBA-GEIGY Corporation.

*See brief summary of Prescribing Information on next page.

oral therapy

actigall®

ursodiol

300-mg capsules

Caution: Federal law prohibits dispensing without prescription.

BRIEF SUMMARY. (FOR FULL PRESCRIBING INFORMATION, SEE PACKAGE INSERT.)

SPECIAL NOTE

Gallbladder stone dissolution with Actigall treatment requires months of therapy. Complete dissolution does not occur in all patients and recurrence of stones within 5 years has been observed in up to 50% of patients who do dissolve their stones on bile acid therapy. Patients should be carefully selected for therapy with ursodiol, and alternative therapies should be considered.

ALTERNATIVE THERAPIES

Watchful Waiting

Watchful waiting has the advantage that no therapy may ever be required. For patients with silent or minimally symptomatic stones, the rate of development of moderate to severe symptoms or gallstone complications is estimated to be between 2% and 6% per year, leading to a cumulative rate of 7% to 27% in five years. Presumably the rate is higher for patients already having symptoms.

Cholecystectomy

Surgery offers the advantage of immediate and permanent stone removal, but carries a high risk in some patients. About 5% of cholecystectomized patients have residual symptoms or retained common duct stones. The spectrum of surgical risk varies as a function of age and the presence of disease other than cholelithiasis.

INDICATIONS AND USAGE

Actigall is indicated for patients with radiolucent, noncalcified, gallbladder stones <20 mm in greatest diameter in whom elective cholecystectomy would be undertaken except for the presence of increased surgical risk due to systemic disease, advanced age, idiosyncratic reaction to general anesthesia, or for those patients who refuse surgery. Safety of use of Actigall beyond 24 months is not established.

CONTRAINDICATIONS

1. Actigall will not dissolve calcified cholesterol stones, radiopaque stones or radiolucent bile pigment stones. Hence, patients with such stones are not candidates for Actigall therapy.
2. Patients with compelling reasons for cholecystectomy including unremitting acute cholecystitis, cholangitis, biliary obstruction, gallstone pancreatitis or biliary-gastrointestinal fistula are not candidates for Actigall therapy.
3. Allergy to bile acids.

PRECAUTIONS

Liver Tests

Ursodiol therapy has not been associated with liver damage. Lithocholic acid, a naturally occurring bile acid, is known to be a liver-toxic metabolite. This bile acid is formed in the gut from ursodiol less efficiently and in smaller amounts than that seen from chenodiol. Lithocholic acid is detoxified in the liver by sulfation and although man appears to be an efficient sulfater, it is possible that some patients may have a congenital or acquired deficiency in sulfation, thereby predisposing them to lithocholate-induced liver damage.

Abnormalities in liver enzymes have not been associated with Actigall therapy and in fact Actigall has been shown to decrease liver enzyme levels in liver disease. However, patients given Actigall should have SGOT (AST) and SGPT (ALT) measured at the initiation of therapy and thereafter as indicated by the particular clinical circumstances.

Drug Interactions

Bile acid sequestering agents such as cholestyramine and cholestipol may interfere with the action of Actigall by reducing its absorption. Aluminum-based antacids have been shown to adsorb bile acids *in vitro* and may be expected to interfere with Actigall in the same manner as the bile acid sequestering agents. Estrogens, oral contraceptives and clofibrate (and perhaps other lipid-lowering drugs) increase hepatic cholesterol secretion, and encourage cholesterol gallstone formation and hence may counteract the effectiveness of Actigall.

Carcinogenesis, Mutagenesis, and Impairment of Fertility

Carcinogenicity studies with Actigall in animals are in progress. A 78-week rat study employing intrarectal instillation of lithocholic acid and tauro-deoxycholic acid, metabolites of ursodiol and chenodiol, has been conducted. These bile acids alone did not produce any tumors. A tumor-promoting effect of both metabolites was observed when they were co-administered with a carcinogenic agent. Results of epidemiologic studies suggest that bile acids might be involved in the pathogenesis of human colon cancer in patients who had undergone a cholecystectomy, but direct evidence is lacking. Ursodiol is not mutagenic in the Ames test. Dietary administration of lithocholic acid to chickens is reported to cause hepatic adenomatous hyperplasia.

Pregnancy Category B

Reproduction studies have been performed in rats and rabbits with ursodiol doses up to 200-fold the therapeutic dose and have revealed no evidence of impaired fertility or harm to the fetus at doses of 20- to 100-fold the human dose in rats and at 5-fold the human dose (highest dose tested) in rabbits. Studies employing 100- to 200-fold the human dose in rats have shown some reduction in fertility rate and litter size. There have been no adequate and well-controlled studies of the use of ursodiol in pregnant women, but inadvertent exposure of 4 women to therapeutic doses of the drug in the first trimester of pregnancy during the Actigall trials led to no evidence of effects on the fetus or newborn baby. Although it seems unlikely, the possibility that ursodiol can cause fetal harm cannot be ruled out; hence, the drug is not recommended for use during pregnancy.

Nursing Mothers

It is not known whether ursodiol is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when Actigall is administered to a nursing mother.

Pediatric Use

The safety and effectiveness of Actigall in children have not been established.

ADVERSE REACTIONS

Gastrointestinal

Actigall given in doses of 8-10 mg/kg/day rarely causes diarrhea (<1%). One study in which a placebo control was not used was associated with a 6% incidence of mild, transient diarrhea not requiring termination of therapy or lowering of Actigall dose. One patient with ulcerative colitis in the Actigall studies developed diarrhea on therapy. In the National Cooperative Gallstone Study, the incidence of diarrhea was 27.1% in the placebo group.

Dermatological

One patient in the Actigall studies with pre-existing psoriasis apparently developed exacerbation of itching on Actigall, which remitted on withdrawal of the drug.

Other

In two ongoing double-blind, placebo-controlled ursodiol studies in the U.S., for which the treatment codes have not yet been broken, the following minor events have been reported:

> Pruritis, rash, urticaria, dry skin, sweating, hair thinning, nausea, vomiting, dyspepsia, metallic taste, abdominal pain, biliary pain, cholecystitis, diarrhea, constipation, stomatitis, flatulence, headache, fatigue, anxiety, depression, sleep disorder, arthralgia, myalgia, back pain, cough, rhinitis.

Since these studies are ongoing and blinded, incidence rates in the ursodiol and placebo groups cannot be calculated, nor has it been established whether the reactions listed are associated with ursodiol.

Overdosage

Neither accidental nor intentional overdosing with Actigall has been reported. Doses of Actigall in the range of 16-20 mg/kg/day have been tolerated for 6-37 months without symptoms by 7 patients. The LD_{50} for ursodiol in rats is over 5,000 mg/kg given over 7-10 days and over 7,500 mg/kg for mice. The most likely manifestation of severe overdose with Actigall would probably be diarrhea, which should be treated symptomatically.

DOSAGE AND ADMINISTRATION

The recommended dose for Actigall treatment of radiolucent gallbladder stones is 8-10 mg/kg/day given in 2 or 3 divided doses.

Ultrasound images of the gallbladder should be obtained at six-month intervals for the first year of Actigall therapy to monitor gallstone response. If gallstones appear to have dissolved, Actigall therapy should be continued and dissolution confirmed on a repeat ultrasound examination within one to three months. Most patients who eventually achieve complete stone dissolution will show partial or complete dissolution at the first on-treatment re-evaluation. If partial stone dissolution is not seen by 12 months of Actigall therapy, the likelihood of success is greatly reduced.

Do not store above 86°F (30°C). *Dispense in tight container, USP.*

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■ MARIE OSMOND

continued

she adds with the hint of her v
known smile, "But I *was* once v
onto the list of top-ten sexiest legs

Marie now has her mind on ano
top-ten list. She's just returned
one of many recording session
Nashville for her soon-to-be-rele
album. Although she had her
number-one country single, "P
Roses," at the tender age of thir
and in the years that followed, wei
to score several more, it's been al
five years since Marie's had a si
hit. Now she's counting on songs
"Boogie Woogie Bugle Boy" to pu
back on the charts.

Marie's husband, Brian Blosil, a
sic producer, appears, clutching o
those super-giant soft drinks in a
paper cup. If Marie appears sopl
cated, Brian is appealingly d
home, a teddy bear known for hi
pretentious, flannel-shirt style.

He's Marie's second husband.
first marriage, to Brigham Young
versity basketball star Steve C
ended in a headline-grabbing di
in 1985, as the tabloids specu
about Craig's reported infidelities
rie gained custody of the couple's
Stephen, now eight. She married I
in 1986; they adopted daughter Je
at birth and now have a second da
ter, Rachel, twenty-two months ol

Brian says he understands the
and ambition that made Marie a
so young, and he insists that
celebrity doesn't threaten
"The only time it bugs me to b
Marie Osmond," he reports, "is
having the worst day of my life, s
becomes an excuse. But I have
lutely no problem, for instance,
ing a reservation at a restauran
saying, 'Marie Osmond and her
band will be coming to dinner.' "

Brian says he appreciates both
of his wife. "Marie really is an in
ble mother," he says, "but she's
workaholic. She loves to work, ar
spends hundreds of hours a week
things for other people."

One of the things she's doing is
ing the Children's Miracle Ne
Telethon, a charity she co-found
1983 with *Dukes of Hazzard* star
Schneider. In 1990, the ne
raised $89.4 million to help th
hundred sixty member hospitals
better care, buy new equip
and commission education an
search that they couldn't othe
afford. The group's annual show
turing Marie, John Schneider, M
Olsen, Mary Hart, Kirk Camer
Jackson and Bob Hope—airs fro
P.M. June 1 to six P.M. June 2 (E

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) on one hundred eighty-five TV
ons across the U.S.
tween telethons, Marie crosses
country, putting in personal ap-
ances at member hospitals and
ng corporate sponsors like Wal-
and Hershey Foods, encouraging
to continue to give generously to
ause. "My existence has been so
c lately, I've hardly been in Pro-

she admits. "Getting down to a
ne for a couple of days seems to
away some of the stress. I have a
demands from a lot of people. It's
for me to find time for myself.
y hard.
ou know who does my hair?" the
ry singing star asks, and then
ers surprisingly, "It's me. Very
rarely do I have time to get it done. Even on the road I do it myself. I like to be a very self-contained person. I even do my own nails. I don't like stress. And I've learned that sometimes it's more stressful to make time to get a manicure than to do it myself."

That's not the only lesson Marie has learned in the past few years; she has also taught herself to be an unrelenting optimist. "I wasn't always a positive person," she begins. "I would get tired. I would complain. But I found it didn't do me any good."

it's okay because they're in their thirties. And, you know, thirty is great.

"So when you ask me how do I feel about the way I look now, why would I complain? It's wonderful to be in your thirties. I will never be any older than thirty. I just don't ever want to try to—I don't want to be the kind of mother that tries to look younger than her daughter, because that's ridiculous. But at the same time, when I'm fifty, I want to look good. It's great for a relationship, and it's great for self-confidence.

Although Marie and her older brother are no longer a duo, she still looks up to him. "Nobody sings better than Donny," she says with pride. "He's incredible."

Marie recalls her life as a child star, famous before she entered high school. "I was just a fat little kid," she remembers, "and even when I was sixteen, I was flat as a pancake, not like I am now. There I was, standing next to Raquel Welch in her prime. It was a horrible period in my life. Every week I was compared to another gorgeous star like Farrah Fawcett or Jaclyn Smith. Every single week I was thinking, Gosh, who will I have to stand next to this week? And I kept thinking, Well,

"I think I got really positive at about twenty-four," says Marie, who is a devout Mormon. "After my divorce and everything, I just decided that I didn't want anybody messing my life up. Things are going to come and go, and I want to be a happy person. I want my children to be happy people. God wants us to be happy."

If Marie's divorce was the catalyst for her positive attitude, it was one of the few good things to come out of the most traumatic time in *(continued)*

her life. She and Steve Craig seemed the perfect couple—"Miss Perfect meets Mr. Right." And few who know Marie deny that she was deeply in love with the handsome basketball star.

The breakup was "a horrible experience," she confides. "I believe that you marry somebody and you're committed to them. You know, 'Hey, I don't care how bad things get, I am committed to you.' I didn't have that in my marriage with Steve. But at the same time, I really have a great deal of empathy for people who've been through it. And I have a great deal more understanding of people that find themselves in a single-[parent] home, or a woman who's trying to juggle yours, mine and ours."

At first, she says, her hurt took a toll on her relationship with Brian. "I remember in that movie *The Goodbye Girl*," she says, "a character says he's sick and tired of paying for all the other guy's mistakes. And that's sort of what Brian faced with me.

"When you go through a bad relationship and a divorce like I did, you put up walls," Marie says thoughtfully. "You really don't want to be hurt again. And you have to be careful or your personality can get changed trying to protect yourself. I was starting to do that. You know, you say, 'I'm independent, I don't need anyone, I can take care of myself just fine.' I was putting up those walls. But Brian broke them down again."

Although she was emotionally scarred by the divorce, Marie has been careful to protect her son's feelings. Stephen is visited regularly by his father, who works for 20th Century Fox and lives in Los Angeles, and Marie observes, "I think my son feels very secure. Nothing was ever more important to me through the whole divorce than his security."

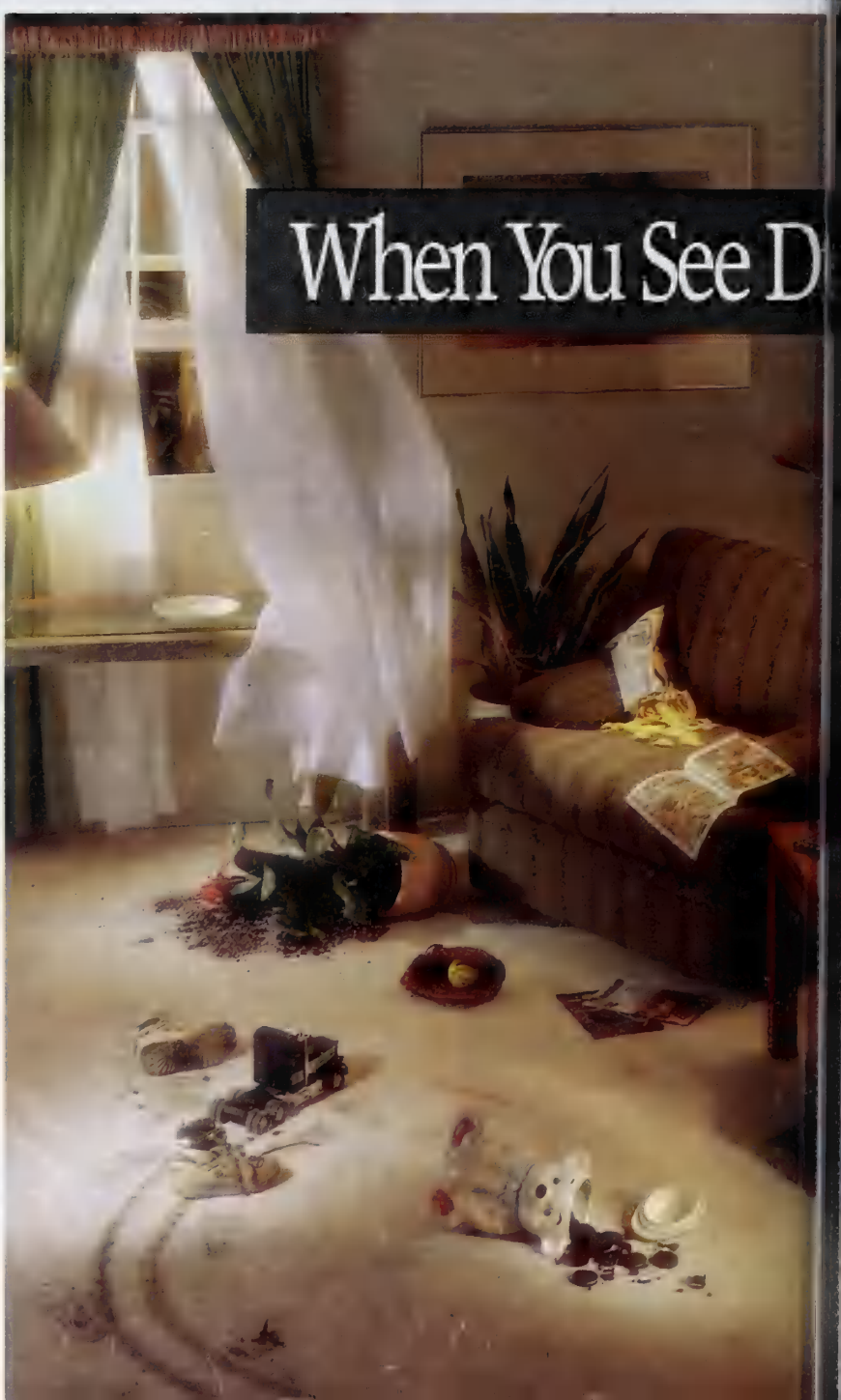
Shortly after Brian and Marie were married, they adopted baby Jessica. She's growing up—fast. "On her first day in preschool," she says, "I cried when she walked in by herself. I just sat there and watched. Oh, God, it just killed me. She's so independent, and I'm so proud of her for that."

Soon, Mom plans to tell her daughter she's adopted. "I think kids should know as soon as they can understand," she says firmly. "I would hate to go along putting it off and then have the child face the shock of finding out from someone else. But she's mine, she couldn't be more mine than either of the others. I was there through all her runny noses, and I was there during all her sick nights. She's my angel."

It's difficult to doubt the sincerity in Marie's voice as she declares, "I think being a mother is one of the greatest occupations you can ever have. With all the accomplishments I've had in my life, there's nothing that means more to me than being a good mother." Then she adds, "And I don't think that there's anything more demanding than that."

Yes, she allows, she sometimes still strives for that eighties ideal, Superwomanhood. "Who doesn't think they can be perfect?" she asks. "That's why it's good to have some friends around who say, 'Hey, lighten up.' I'm not perfect. Golly, I've got a million problems . . . Women are really hard on themselves. I think we just expect perfection. We also watch other women the first to look at somebody w running an immaculate home wit these children whose life looks pe and say, 'I hate you.'

"My house is a mess today," she fides without a pause. "I've got gage everywhere, because I jus back from Nashville. I've got lau going, and the lady who helps me coming today. And I've got boxes tered around that I haven't been to unpack because I've been away in the meantime, I'm not goin stress my life out about it. My kid fine, they're happy. The house is c basically. I'm just talking about and things that need to be put a



d you don't want kids to be raised such a sterile environment that y can't live life. My house is fun. I 'e a really fun house. It's very sim- because I've got children. And they feel like they can bring their nds over, and they can rage. They 'e their rooms decorated how they nt. It's hysterical. My son's is noth- but Ninja Turtles. And if they're ppy with it that way, then that's the y it should be.

So right now, my life is a little cha-, but I'll get it straightened out. just have to say, 'Okay, I'll get it e when I have the time.' "

he positive approach to life again? rie nods. "The only time I ever get down is after long, long weeks of work. And then I only reveal it to my husband. But I rarely give in to it, because I think your health is determined by your attitude. If you're a happy person, it's going to come across. I'm a passionate kind of person, I guess."

And a determined kind of person, too. As her manager, Karl Engemann, observes, "When she gets her jaw set, she can be very direct and tough."

She agrees. "I'm tough. I know what I want. I'm not mean, but the people working for me know that a no is a no. They say I have a look. I just give them a look, and they know."

She used her determination and ambition to forge a solo career after *Donny and Marie* ended in 1979 and the Osmonds' production company folded. Ignoring detractors of her syrupy image, Marie pursued her first love, country music, and established herself as a serious performer. "I just have a real strong work ethic," she says. "And that ethic is carried on into my personal life and my marriage."

In her spare time, Marie says she likes to listen to all kinds of music—including rock 'n' roll by brother Donny and pop music by her nephews, the Osmond Boys. How does she feel about still being lumped in with the rest of the Osmond clan? "I love my family, but I'm very much an individual. People think that because we came from this big family, we're just kind of out of a cookie cutter. We're all so different that it's scary."

How does she feel about Donny trying to prove how different he is by starting a rock 'n' roll career? Marie says that the transition from teenager to adult was hard, and although the past doesn't bother her, she thinks for Donny, the reconciliation has been tougher. She deeply admires him and his newfound success, however. "He's given people the feeling that they can come back and give again. Because once you express yourself musically, it's difficult to just turn it off. Donny's really talented. Nobody sings better than Donny. He's incredible."

Donny is not the only brother who has inspired Marie; her two deaf brothers are part of the reason that she helped found the Children's Miracle Network. In fact, Marie says she takes her charity work so personally that sometimes she's overwhelmed by emotions. "Let me tell you about when I fell apart," she says quietly. "On the telethon we had a little boy whose life was saved when he received the heart of another little boy who had been killed. I had him on my lap, and his mother met the mother of the little boy whose heart had been donated. They hugged, and I could feel this little boy's heart just pounding away . . . miracle is not too strong a word for it. I see a child's life being saved, and that's a miracle to that family."

In her own life, Marie feels she's been lucky to have a few small miracles, too. "Every time I get onstage, I'm grateful that people want to pay money to come see me. It's the only thing I've ever done, and I've been able to balance it with the rest of my life." That's the essential Marie talking, always ingratiating, always appreciative and always, always upbeat. ■

Jeanne Wolf reports on the world of entertainment from Hollywood on TV and radio, and as a free-lance writer.

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UP FRONT

LHJ'S FOLLOW-UP ON CURRENT NEWS, VIEWS AND WHO'S WHOS

GENERAL DAD

IN AN EXCLUSIVE INTERVIEW, GENERAL NORMAN SCHWARZKOPF'S KIDS REVEAL WHY HE'S THEIR PICK FOR FATHER OF THE YEAR—AND OURS, TOO

Obviously, he's unbeatable in battle, but is Norman Schwarzkopf also a hero at home?

Yes, say his three children, Cindy, twenty, Jessica, nineteen, and Christian, thirteen. "All my friends have always said they wish their dad was more like my dad," says Cindy, who's majoring in marketing at the University of South Florida in Tampa. "He's always been extremely supportive of me in everything I've ever wanted to do. He never missed a swim meet or gymnastics tournament. I can remember him screaming at the top of his lungs over the rest of the crowd."

But does he ever yell *at* them, too? "He definitely has a temper," says Cindy, "but it only comes when it's called for." He *can* be a bear about rules, though. "I'd say he always wanted what was best for us," says Cindy, who had a midnight curfew until she went to college. "He'd give a little speech about how for every minute I'm late I get a day of restriction." But if she ever wanted a curfew extension for a special event, "all I had to do was ask."

Stormin' Norman gathers sand from the beach in Kuwait City as a family souvenir

For all three kids, the separation from their dad has been difficult. Jessica was disappointed when her father had to leave for the Persian Gulf last August just before he was to take her to college to begin her freshman year. And Christian misses his father's guidance. "He helps me a lot in my schoolwork—a lot on math," says the eighth grader. "I don't think I could have gotten through it without him." He also misses their frequent skeet-shooting and fishing trips and their Trivial Pursuit games (even though the General usually wins).

Today, Cindy calls her father "an American role model. We've always known he was great," she says. "Now everyone else does, too."

—MAUREEN SANTINI

FAMILY MATTERS

From her hospital bed in Minneapolis, where she recently gave birth to twins, Diane McCourtney spoke out for working mothers everywhere. "Caring for your sick child when there are no other options is *not* misconduct," she declared. The thirty-two-year-old mother of three was fired from her job last year for just that reason. But she sued her employer—and won a landmark court victory for herself and other moms. "Justice was served," she said proudly.

McCourtney's troubles began in January of 1990, when her four-month-old son, James, began to suffer chronic ear infections, diarrhea, pink eye, sinus infections and bronchitis. Day-care centers wouldn't accept him, and sick-care facilities meant exposing him to more germs. McCourtney, who had used up her 10 weeks of maternity leave, couldn't afford to hire at-home help on her $16,000-a-year salary as a clerk for Imprimis, a computer company, and her husband, Larry Olson, couldn't tend to the baby because he was recovering from spinal surgery.

So, over the next four months, McCourtney felt forced to take off almost eight weeks to care for her son. She was fired from Imprimis in May, and denied unemployment benefits because the company classed her behavior as "willful *(continued)*

Photos: left, J. Langevin/Sygma; right, AP/Wide World Photos.

(continued) misconduct."

The charge shocked McCourtney. "I was a loyal employee for eleven years," she says. "Of course I was conflicted when James's illnesses caused me to miss work. But ironically, the bosses told me that they not only understood why I had to take time off, they admired me for my dedication.

"I accept my company's right to terminate me," she adds. "However, when I was denied unemployment on the grounds I was fired for misconduct, I *had* to fight back."

And fight she did. McCourtney disputed the misconduct charge in a complaint to the state Department of Jobs and Training, and when those officials ruled against her, she and lawyers Larry Meuwissen and Martha A. Ballou took her case to the Minnesota Court of Appeals, which ruled in her favor. (At press time, Imprimis had not yet appealed and would not say whether it planned to.)

McCourtney's case was "a graphic reminder of how much Americans need family and medical leave," said Representative Patricia Schroeder (D-Colo.), sponsor of a bill that would require firms to offer employees up to twelve weeks of unpaid leave for births and family emergencies. Last year President Bush vetoed the legislation, but Schroeder has reintroduced it, hoping for better results.

And while politicians battle it out in Washington, McCourtney will help parents on a local level: She's planning to open a day-care center. "I know one thing for sure," she told *LHJ*. "I will have special understanding for working parents. I want to provide a lot of love to youngsters—so *their* moms and dads don't have to worry about them at their workplace." —NANCY STESIN

DIANE McCOURTNEY AND HER HUSBAND, LARRY OLSON, CUDDLE THEIR SON, JAMES

MADONNA DOES IT AGAIN

Whether she's a Boy Toy or an Oscar-ceremony sex bomb, Madonna just can't express herself without making waves. Small wonder, then, that her new concert film, "Truth or Dare," scheduled to open mid-May, has had folks buzzing for months. (Even the movie's trailer had to be rated R because of its racy content.) Viewers of the rough-cut version say the documentary gives backstage glimpses of the star barking at crew members, gleefully watching gay dancers kiss, and being lectured by an older man (reportedly her father) for "going too far" in her act. And yes, as we've all heard, she does simulate oral sex with a bottle of spring water.

"Truth or Dare" may shock even die-hard Madonna fans, but as no one knows better than the Material Girl, a little controversy can add up to a lot of profit. Lest we forget, after Madonna's "Justify My Love" video was deemed too kinky even for MTV, it sold 400,000 copies around the world and earned her a leading role on "Nightline." What's next—"60 Minutes"?

—SHANA ABORN ▶

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IS LEAD CRYSTAL A HAZARD TO YOUR HEALTH?

When his wife, Cynthia, became pregnant, Conrad Blum, M.D., decided to test their household for lead, a toxic substance. Blum, an associate professor of clinical medicine at Columbia University, bought a home-testing kit and tried it on a crystal decanter. To his surprise, the test was positive.

Blum and colleague Joseph H. Graziano, Ph.D., a professor of pharmacology and pediatrics, then began experiments on liquids kept in other lead-crystal glasses and decanters. Their results, reported in *The Lancet*, a British medical journal, showed that tiny amounts of lead leached into the liquids in as little as fifteen minutes, and that the level rose over time. In tests, the lead level of port wine shot up from 89 to 5,331 micrograms per liter in four months; brandy stored in a decanter for five years had a level of 21,530 micrograms per liter. The maximum lead level that the Environmental Protection Agency deems safe in drinking water is 50 micrograms per liter, and the agency plans to lower that to 20.

In adults, high levels of lead can result in brain and nerve damage and kidney problems, and in children, lower levels can cause mental retardation, convulsions, comas, cancer and death. While the Food and Drug Administration doesn't consider lead crystal to be a major health hazard, the agency does think further research is called for.

Some manufacturers are already taking precautions. Waterford has stopped making its lead-crystal baby bottle. Steuben put a tag on decanters, warning consumers to use them "for serving purposes only."

What precautions should you take? Don't store foods in lead crystal. Children and pregnant women should completely avoid its use. "I would even extend that [recommendation] to women of childbearing age," says Graziano.

—SUE CHASTAIN

DIANE ENGLISH: PRIME-TIME POWER

When it comes to television, she's one of *the* women to watch—and she proves it every Monday night with her top-ten show. She wears Armani pantsuits. She listens to Motown. No, she's not Murphy Brown, but her creator, Diane English.

Like Murphy, Diane has always been driven to succeed. At age twenty, the Buffalo native had her first play produced at the New London Barn Playhouse, in New Hampshire. In 1971—aiming to become "the next Neil Simon"—she moved to Manhattan, where she eventually landed a job as story editor at WNET, a public-television station. Nine years later, English earned a Writers Guild award nomination for her script for the PBS movie *The Lathe of Heaven*.

She soon moved to Los Angeles, where she created the sitcoms *Foley Square* (a critically acclaimed flop) and *My Sister Sam*, followed in 1988 by her biggest and current success, the Emmy-winning *Murphy Brown*—on which she shares executive-producer credit with her husband, Joel Shukovsky.

Selling CBS on the perfectly imperfect character of Murphy (played by Candice Bergen) wasn't easy. "Murphy doesn't have children, and she doesn't have a date on Saturday night," says English, forty-three, who even dared to make Murphy a recovering alcoholic. "The network feared that the alcohol problem would make her unlikable. I battled for it." She won.

Does she feel that women have finally gained a foothold within the "good old boy" TV networks? "I do think women have more power now," says English. "I see two women, Linda Bloodworth-Thomason [creator of *Designing Women* and *Evening Shade*] and I, controlling one and a half hours of prime time on CBS each week. That's power." —SUSAN PRICE

English (left) and Bergen elbow up to the bar for another round of laughs

Photos: top, Rita Maas; bottom, People Weekly © 1991 Mark Sennet.

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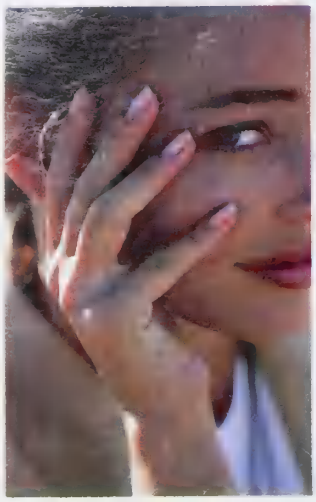
MEDINEWS

Progress against cancer ■ Help for dishpan hands ■ A male-sterilization technique ■ Keeping eyes healthy with vitamins. **By Joan Lippert**



NO MORE BROKEN NAILS?

Although women have long blamed split nails on polish, polish remover and soap, plain water may be the worst culprit of all. In a recent study at the University of Arkansas for Medical Sciences, in Little Rock, researchers put nail clippings in separate containers of water, detergent, acetone (an ingredient found in polish remover) and several other solutions. They found that the nails that split most were those that had repeatedly been dunked in water and dried. Jere D. Guin, M.D., chairman of the dermatology department, says women can avoid brittle nails by wearing rubber gloves when doing work that requires getting their hands hands wet, or by rubbing wet nails with rich moisturizer. (Better tell Madge the manicurist.)

EASIER VASECTOMIES

A male-sterilization technique developed in China is proving faster and less painful than a standard vasectomy. The new, no-scalpel operation, which works just as well as the old, takes only five to ten minutes (a conventional vasectomy takes fifteen to twenty) and does not usually require stitches. That's because the procedure uses a tiny puncture rather than an incision. Doctors who use the innovative technique report that their patients experience less bleeding and pain during and after the surgery, compared with men who undergo conventional vasectomies. Gerald Andriole, M.D., associate professor of urologic surgery at Washington University Medical Center, in St. Louis, has performed this new operation on more than one hundred men in the past year, and reports no pregnancies in their partners. The Association for Voluntary Surgical Contraception, in New York City, is currently training physicians nationwide to do the procedure.

CHARTING CANCER'S PATH

Doctors say it may be possible to predict whether cancer will spread by counting the number of blood vessels in a patient's tumor. In a ten-year study at Brigham and Women's Hospital, in Boston, pathologist Noel Weidner, M.D., viewed the breast tumors of forty-nine women through a microscope. He found that patients whose tumors had the largest number of blood vessels were the most likely to develop metastatic disease, in which the original cancer moves to other parts of the body. (Tumors need a good blood supply to grow.)

Knowing the growth potential of a tumor can help doctors plan treatment, usually aggressive chemotherapy. Researchers at Children's Hospital in Boston are searching for drugs that could block blood-vessel development, thereby slowing tumor growth.

CATARACT PREVENTION

Vitamins in supplements and in food may help prevent cataracts, the most common cause of blindness. A study of 1,380 men and women over age forty by M. Cristina Leske, M.D., of the State University of New York at Stony Brook, found people who had taken multivitamin tablets at least once a week for a year or more had 37 percent fewer cataracts than those who hadn't. Subjects whose diets were high in foods containing vitamins A, C and E also had fewer cataracts. Why? Vitamins A, C and E may neutralize certain electrically charged compounds called free radicals, which can damage eye tissue. But experts caution against increasing vitamin dosage in the hope of augmenting their benefits. A spokesman for the American Academy of Ophthalmology says a safe dosage is one multivitamin tablet daily.

Joan Lippert is a writer based in Hastings-on-Hudson, New York.

AT LAST

A FAT-FREE CHOLESTEROL-FREE DRESSING THAT DARES TO TASTE BOLD.

ALIAN, RANCH, AND RED WINE VINEGAR.

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MMMM,

AHHHHHHHHHHH!!!!!

YOU HEARD IT HERE FIRST.
THE COOLEST QUENCHER UNDER THE S
NOW COMES IN PINK GRAPEFRUIT.

Unlike diet colas, Crystal Light® Diet Soft Drink Mix quenches nice and easy. Really fizz free. And when that light, luscious flavor goes down, it's good to know only 4 calories a glass are going down with it.

NUTRASWEET

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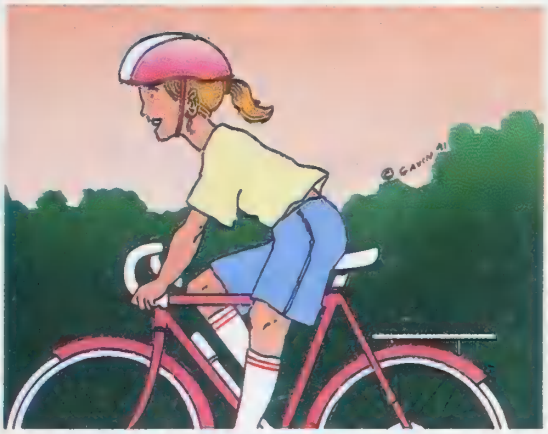
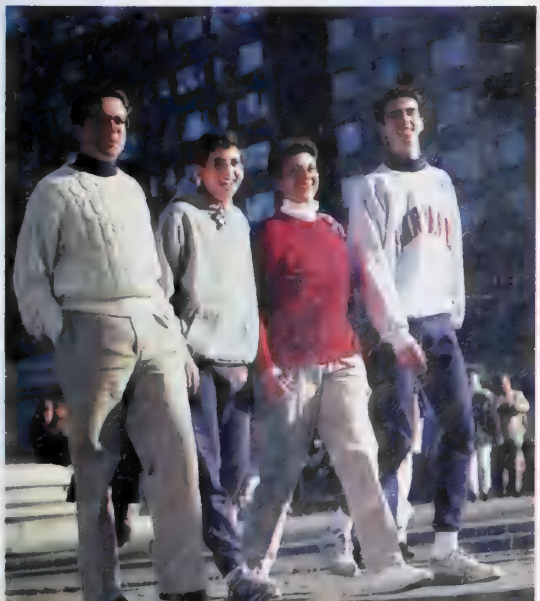
THE LHJ GUIDE TO SUMMER HEALTH FITNESS and FUN



MAKE THIS SUMMER YOUR FAMILY'S HEALTHIEST AND HAPPIEST EVER. IN THIS SPECIAL REPORT, LADIES' HOME JOURNAL AND EXPERTS FROM THE NATIONAL RECREATION AND PARK ASSOCIATION TELL YOU ALL YOU NEED TO KNOW TO KEEP YOUR FAMILY SAFE ALL SEASON—AND STILL HAVE THE TIME OF YOUR LIVES!



How To

START BY READING HER FACE

When she looks at you, what is she saying about her state of mind? An alert cat has erect ears and narrow pupils. A frightened cat's ears flatten and her pupils widen. A relaxed cat shows her pleasure through half-closed eyes.

HER TAIL HAS A LOT TO TELL

Talk about a mood swing. Cats gesture with their tails like we use our arms—for emphasis. Notice the vertical position of her tail when she says hello; when she's excited, the tip will quiver. A playful cat will move her tail back and forth on the ground, in anticipation. And steer clear of the angry cat and her violently swishing tail. What to watch for when she's on the defensive: an arched back, and a bristled tail that sticks straight up like a bottle brush.

(Up, quivering at the tip)
Happy To See You

(Lashing violently, side to side)
Leave Me Alone

(Listless tail movement)
Good Night

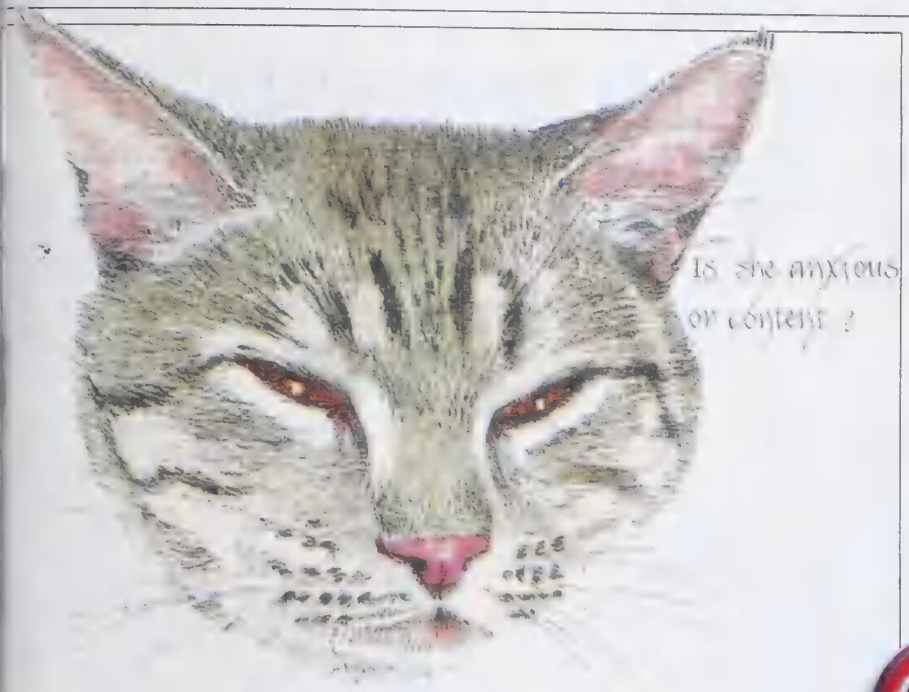
(Straight, with a downward crook)
Attack Mode

IS SHE SAYING "FOO OR "OUT"?

Your cat has a lot to tell you. just have to know how to liste

fact, she's capable of at least sixteen different vocalizations. In multi-cat households, the cats talk to each other. But the solitary cat is trying her best to communicate with *you*. Liste the tone of her meow when begging for food and compare the tone she uses when she w to go outside. Cats even ha unique meow they use to greet just as you have a special cal them. The best sound of all? cat lover will tell you: purring.

SPEAK CAT.



UNDERSTANDING HER BODY LANGUAGE

Her skin and coat are beautiful. They're also functional. The looseness of her skin helps her slip from an aggressor's grasp. In fact, the skin on the back of her neck is five times thicker than the rest of her body.

Maintaining a healthy skin and coat requires a great deal of protein. For that matter, so does keeping the whole body healthy.

And that means the proteins found in meat. Cats need almost five times as much as humans do, in fact.

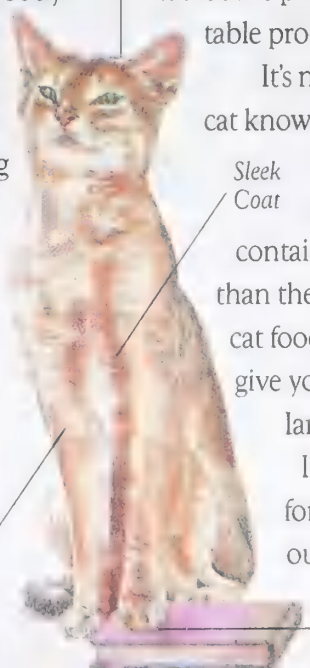
Cats are carnivores. Always have been. They're supposed to eat meat. It's one of the most important requirements in their diet.

Cats also happen to love and crave meat. Meat stimulates their taste buds and their sense of smell.

But the leading supermarket cat food is primarily grain and vegetable products with little meat.

It's not the same and your cat knows it.

That's why cats should eat Iams. Iams contains more meat protein than the leading supermarket cat food. So if your cat could give you the bottom line on Iams, it'd simply be this: If you're in the market for the best cat food, get out of the supermarket.



Your cat is different from you. But she does belong to your family. So you want to feed her right. And that means Iams.

For over 40 years now we've been demonstrating the benefits of our meat-based diet in cats like yours. But you won't find Iams where you buy your groceries.

Iams is sold only at veterinary offices, pet stores, feed stores and other special places. ***For a free sample, call 1-800-255-4738. Ext. 204***

Iams canned Cat Food.®
Nutrition for the cat who enjoys the taste of canned food.

Iams Kitten Food.®
From weaning through the first year and for pregnant or lactating queens.

Iams Cat Food.®
For the lifetime of a normal, active adult cat.

Iams Less Active For Cats.®
For the overweight, spayed, neutered or under-exercised cat.

IAMS®

TREAT HER LIKE A HUMAN, FEED HER LIKE A CAT.

solved!

HOT-WEATHER HEALTH PROBLEMS

There's new help for allergies, bug bites and other summer ailments. Here, the latest trends in treatment.

By Jean Fain and Christian Herold

Summer is the most relaxing season, but it can also be one of the most hazardous. As we've learned, even the sunshine can be dangerous; the odds of developing malignant melanoma, the deadly, sun-related skin cancer, have risen fivefold since 1960, and it now strikes one in every hundred Americans, according to the American Cancer Society and the National Cancer Institute. The federal Centers for Disease Control (CDC) says that Lyme disease, the tick-borne ailment that can cause serious disability, has grown from five hundred reported cases in 1982 to some eighty-five hundred cases in 1989. The agency adds that salmonellosis infections from contaminated food have more than doubled in the past twenty-five years, to over forty-one thousand cases reported in 1989. (The CDC estimates that four million cases may go unreported each year.)

But these risks shouldn't dampen your summer spirits. While some hot-weather health problems do require emergency care or other medical attention, many are merely nuisances that need only basic first aid. Below, a complete guide on how to prevent and treat the most common summer ailments.

ALLERGIES

Adverse reactions to airborne allergens such as pollen and ground mold afflict about 15 percent of the population and cause a variety of symptoms, including red, itchy eyes, sneezing and a runny nose. Doctors often combat them with weekly allergy shots, but a new regimen, in which patients are given a shot just once every four to six weeks, is awaiting government approval.

An allergist can figure out which allergens you react to by analyzing your medical history and administering a simple skin test. If you can't avoid substances to which you're allergic, prescription and over-the-counter (OTC) medications can be helpful. Antihistamines help control itching and sneezing. Anticongestant drops may relieve a stuffy nose, but do not use them for more than three days—they can be addictive.

ATHLETE'S FOOT

This fungal infection of the foot is especially common during hot weather. It develops most often on the skin between toes and on the sole. The condition usually starts out as a red bumpy rash that spreads and turns into a dry scaly white one. Adults are more susceptible than children.

Drying the feet thoroughly after bathing and applying medicated powder help prevent it. Wear shoes that allow air to circulate, so moisture doesn't get trapped between toes; and wear shower shoes at the pool, in gym showers and in locker rooms so you can avoid catching the infection. Treatment often includes topical antifungal preparations.

Another fungal skin ailment, tinea versicolor, is marked by small light or dark patches on the upper trunk and upper arms; the area may itch. Antifungal medication is used to treat it.

BITES AND STINGS

Bees and other stinging insects Insect repellents provide no protection against this group of pests, so you must know what to do if you're among the 5 percent of Americans who are highly *(continued)*

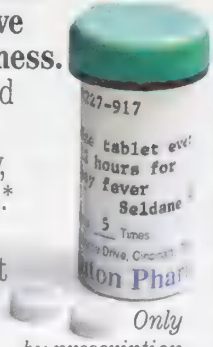
You've tried just about everything for your hay fever...

now try your doctor.

ır doctor has an advanced prescription dicine called Seldane that can relieve ır allergy symptoms without drowsiness.

Antihistamines: No antihistamine sold r-the-counter can relieve your allergy ıptoms...sneezing, runny nose, and itchy, ery eyes...without the risk of drowsiness.*

Decongestants: Any decongestant claims it won't make you drowsy cannot eve allergy symptoms other than al congestion.



Only by prescription.

Seldane–ask your doctor if it's right for you: Seldane is different. That's why it can quickly and effectively relieve your seasonal allergy symptoms without the drowsiness you may experience with older antihistamines† No wonder Seldane has become the most prescribed allergy medicine in the world‡ As with all prescription medicines, only your doctor can determine what is best for you.

If the OTC allergy products you've tried have disappointed you, consider Seldane.

SELDANE®

(terfenadine) 60 mg tablets

Get our free booklet, "The facts about what allergy medicines do...and don't do." **Call 1-800-4-HAY FEVER.**

tion of "risk of drowsiness" is incidence greater than placebo (a sugar pill).
ported incidence of drowsiness with Seldane (5.8%) in clinical studies involving more than 11,000 patients did not differ significantly from that reported in patients receiving placebo (6.9%).
upon worldwide prescription and distribution information (1986-1990)–data on file, Marion Merrell Dow Inc.
RIEF SUMMARY OF PRESCRIBING INFORMATION ON NEXT PAGE.

Seldane®
(terfenadine) mg Tablets

BRIEF SUMMARY
CAUTION: Federal law prohibits dispensing without prescription.

DESCRIPTION
Seldane (terfenadine) is available as tablets for oral administration. Each tablet contains 60 mg terfenadine. Tablets also contain, in inactive ingredients, corn starch, gelatin, lactose, magnesium stearate, and sodium bicarbonate.

INDICATIONS AND USAGE
Seldane is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, and lacrimation.

CONTRAINDICATIONS
Seldane is contraindicated in patients with a known hypersensitivity to terfenadine or any of its ingredients.

PRECAUTIONS
General: Terfenadine undergoes extensive metabolism in the liver. Patients with impaired hepatic function (alcoholic cirrhosis, hepatitis), or on ketoconazole or troleandomycin therapy, or having conditions leading to QT prolongation (e.g. hypokalemia, congenital QT syndrome) may experience QT prolongation and/or ventricular tachycardia at the recommended dose. The effect of terfenadine in patients who are receiving agents which alter the QT interval is not known. These events have also occurred in patients on macrolide antibiotics, including erythromycin, but causality is unclear. The events may be related to altered metabolism of the drug, to electrolyte imbalance, or both.

Information for patients: Patients taking Seldane should receive the following information and instructions. Antihistamines are prescribed to reduce allergic symptoms. Patients should be questioned about pregnancy or lactation before starting Seldane therapy, since the drug should be used in pregnancy or lactation only if the potential benefit justifies the potential risk to fetus or baby. Patients should be instructed to take Seldane only as needed and not to exceed the prescribed dose. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat or direct sunlight, and away from children.

Drug Interactions: Preliminary evidence exists that concurrent ketoconazole or macrolide administration significantly alters the metabolism of terfenadine. Concurrent use of Seldane with ketoconazole or troleandomycin is not recommended. Concurrent use of other macrolides should be approached with caution.

Carcinogenesis, mutagenesis, impairment of fertility: Oral doses of terfenadine, corresponding to 4 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis.

Reproduction and fertility studies in rats showed no effects on male or female fertility at oral doses of 8 to 21 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased postimplantation losses were observed, which were judged to be secondary to maternal toxicity.

Pregnancy Category C: There was no evidence of animal teratogenicity. Reproduction studies have been performed in rats at doses 63 times and 125 times the human daily dose and have revealed decreased pup weight gain and survival when terfenadine was administered throughout pregnancy and lactation. There are no adequate and well-controlled studies in pregnant women. Seldane should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nonteratogenic effects: Seldane is not recommended for nursing women. The drug has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation. Effects on pups exposed to Seldane only during lactation are not known, and there are no adequate and well-controlled studies in women during lactation.

Pediatric use: Safety and effectiveness of Seldane in children below the age of 12 years have not been established.

ADVERSE REACTIONS
Experience from clinical studies, including both controlled and uncontrolled studies involving more than 2,400 patients who received Seldane, provides information on adverse experience incidence for periods of a few days up to six months. The usual dose in these studies was 60 mg twice daily, but in a small number of patients, the dose was as low as 20 mg twice a day, or as high as 600 mg daily.

In controlled clinical studies using the recommended dose of 60 mg b.i.d., the incidence of reported adverse effects in patients receiving Seldane was similar to that reported in patients receiving placebo. (See Table below.)

ADVERSE EVENTS REPORTED IN CLINICAL TRIALS

Adverse Event	Percent of Patients Reporting				
	Controlled Studies*			All Clinical Studies**	
	Seldane N=781	Placebo N=665	Control N=626***	Seldane N=2462	Placebo N=1478
Central Nervous System					
Drowsiness	9.0	8.1	18.1	8.5	8.2
Headache	6.3	7.4	3.8	15.8	11.2
Fatigue	2.9	0.9	5.8	4.5	3.0
Dizziness	1.4	1.1	1.0	1.5	1.2
Nervousness	0.9	0.2	0.6	1.7	1.0
Weakness	0.9	0.6	0.2	0.6	0.5
Appetite Increase	0.6	0.0	0.0	0.5	0.0
Gastrointestinal System					
Gastrointestinal Distress (Abdominal distress, Nausea, Vomiting, Change in Bowel habits)	4.6	3.0	2.7	7.6	5.4
Eye, Ear, Nose, and Throat					
Dry Mouth/Nose/Throat	2.3	1.8	3.5	4.8	3.1
Cough	0.9	0.2	0.5	2.5	1.7
Sore Throat	0.5	0.3	0.5	3.2	1.6
Epistaxis	0.0	0.8	0.2	0.7	0.4
Skin					
Eruption (including rash and urticaria) and itching	1.0	1.7	1.4	1.6	2.0

*Duration of treatment in "CONTROLLED STUDIES" was usually 7-14 DAYS.
**Duration of treatment in "ALL CLINICAL STUDIES" was up to 6 months.
***CONTROL DRUGS: Chlorpheniramine (291 patients), d-Chlorpheniramine (189 patients), Clemastine (146 patients).

Rare reports of severe cardiovascular adverse effects have been received which include arrhythmias (ventricular tachyarrhythmia, torsades de pointes, ventricular fibrillation), hypotension, palpitations, and syncope. In controlled clinical trials in otherwise normal patients with rhinitis, at doses of 60 mg b.i.d. small increases in QTc interval were observed. Changes of this magnitude in a normal population are of doubtful clinical significance. However, in another study (N=20 patients) at 300 mg b.i.d. a mean increase in QTc of 10% (range −4% to +30%) (mean increase of 61 msec) was observed without clinical signs or symptoms.

In addition to the more frequent side effects reported in clinical trials (See Table), adverse effects have been reported at a lower incidence in clinical trials and/or spontaneously during marketing of Seldane that warrant listing as possibly associated with drug administration. These include: alopecia (hair loss or thinning), anaphylaxis, angioedema, bronchospasm, confusion, depression, galactorrhea, insomnia, menstrual disorders (including dysmenorrhea), musculoskeletal symptoms, nightmares, paresthesia, photosensitivity, seizures, sinus tachycardia, sweating, tremor, urinary frequency, and visual disturbance.

In clinical trials, several instances of mild, or in some cases moderate transaminase elevations were seen in patients receiving Seldane. Mild elevations were also seen in placebo treated patients. Marketing experiences include isolated reports of jaundice, cholestatic hepatitis, and hepatitis. In most cases available information is incomplete.

OVERDOSAGE
Information concerning possible overdosage and its treatment appears in Full Prescribing Information.

DOSAGE AND ADMINISTRATION
One tablet (60 mg) twice daily for adults and children 12 years and older.

Product Information as of July 1990
MARION MERRELL DOW INC.
Prescription Products Division
Kansas City, MO 64114

SELAE 301/A1895
613181

HOT-WEATHER HEALTH
continued

allergic to the venom of bees, hornets, yellow jackets, wasps and fire ants. Symptoms may include wheezing, decreased blood pressure, hives, swelling, fainting and nausea. Anaphylactic shock—an extreme allergic reaction that can lead to heart failure or asphyxiation—kills about forty Americans each year.

If you suspect an allergic reaction, go to the emergency room immediately. Your allergist can also give you effective vaccinations and portable bee-sting kits. For most people, however, a sting just causes discomfort. If you're attacked, look for a stinger (only honeybees leave them), and remove it carefully. Apply ice to stop spread of the venom. Calamine lotion or an OTC steroid can ease swelling and itching.

Mosquitoes Mosquito bites are mostly just an annoyance, but in some areas, these insects carry dangerous microbes, such as the virus that causes encephalitis, a serious brain inflammation (symptoms include a sudden high fever, headache, vomiting, drowsiness and stiff joints). In southern Florida last fall, two hundred twenty-six people developed the disease, and eleven died. There is no cure.

The only protection is to use insect repellent. Scientists in Florida are monitoring the mosquito population so they can issue warnings on when the use of insect repellent is vital. The most effective preparations contain the chemical deet; these are available in many short-acting formulations. The U.S. armed forces have been using a new, long-lasting deet preparation; it should be available to the public this summer. The military has also developed an insect poison, permethrin, which can be applied to clothing and tents. It will eventually be available to the public.

Ticks A bite from one of these field-, forest- and marsh-dwelling parasites always merits attention. Researchers are working to develop a vaccine against Lyme disease, but for now, the menace continues to spread; it has been reported in forty-six states. The disease, caused by bacteria that lodge in tiny deer ticks, is almost always signaled by a bull's-eye-shaped rash around the bite, accompanied by fatigue, fever, headache, and joint and muscle pain.

Another tick-borne malady is Rocky Mountain spotted fever (RMSF); ticks from Oklahoma, the Carolinas and Missouri are most apt to carry the organism, *Rickettsia rickettsii,* that causes it. Classic symptoms include fever and a pink rash that usually starts on the hands and feet and spreads to the rest of the body; headache, muscle aches, nausea and vomiting may also be present. Recently, RMSF has been on the wane; experts say the number of ticks carrying the bacteria may be on the decline. But these researchers point out that incidence could rise again.

To prevent tick bites on walks and hikes, always wear long pants tucked into sock boots, and apply insect repellent. When return, carefully inspect yourself and children and pets for ticks. If you find don't panic—most ticks are harmless, even the dangerous ones need a day or tw do their dirty work. Remove ticks by gras them close to the skin's surface with twee or gloved hands. Pull them out slowly; cr ing ticks could disperse bacteria. Disinfec bite with alcohol or hydrogen peroxide wash your hands with soap and water. pose of ticks in alcohol or flush them d the toilet to prevent dispersal of infec organisms. See a doctor if Lyme or R symptoms develop; most patients who rec prompt treatment with antibiotics will rec without complications.

HEAT REACTIONS

Sensitivity to summertime heat and hu ity is heightened by advancing age, chr illness, obesity, antihistamines and medications, and heavy alcohol use. cording to the CDC, as many as six hun people die of heat-related ailments annu in a year with a number of heat waves, number can rise as high as two thous Problems include:

Heat cramps These painful muscle tractions—which usually develop physical exertion—occur when the loses too much water through sweating as a result, suffers salt imbalance. T ment includes getting into the shade, d ing fluids and massaging cramped mus

Heat exhaustion This conditi marked by weakness, dizziness, na cramps and fainting—has the same cau heat cramps. While body temperatu near normal, blood pressure may though it usually returns to normal whe victim lies down. Most people recov resting and drinking liquids.

Heat rash Also known as prickly this itchy condition is a pimply or bl reddening of the skin that usually dev on the chest, upper arms or back. Pr tion and treatment include staying in dry rooms. Lotions containing mentho phenol ease itching.

Heatstroke Signaled by an extre high body temperature (104°F. or m heatstroke occurs when the body's co system simply can't cope with high peratures. If the condition goes untre the brain and other organs may be p nently damaged; unconsciousness or can result. Other symptoms may in chills, dry skin, nausea, dizziness and fusion. Call for medical help immedi while waiting, begin to reduce the vic temperature by giving a cool tub bath.

INTESTINAL TROUBLES

The occurrence of food poisoning rise ing warm weather due in part to the pro ation of bacteria and parasites in impr chilled or undercooked picnic and bar foods. The very young and the *(conti*

Take a vacation from orange juice.

Wake up to something exciting for a change. Dole Breakfast Juices. Delicious combinations of 100% real fruit juices like Pineapple-Orange, Pineapple-Orange-Banana, Pineapple-Grapefruit and Paradise Fruits. Of course, there's Dole 100% pure Pineapple Juice as well. So try them all. Each has a full day's supply of Vitamin C, and no sugar added, plus a taste you'll enjoy waking up to.

Life's a little fresher with Dole™

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(continued) old and infirm are at greatest risk. Most people recover within a week without treatment, however. Antibiotics are sometimes used to counteract bacteria. The CDC offers these preventive tips: Wash hands, cooking utensils and cutting boards after preparing any raw meat or eggs, and before using them to prepare any other foods. Cook all food thoroughly, and refrigerate or freeze all perishable foods promptly.

Some of the most common causes of summer stomach troubles include:

Campylobacteriosis This inflammation of the bowel and intestines is caused by a genus of bacteria called *Campylobacter*. Symptoms include diarrhea, vomiting and fever.

Salmonellosis This is a gastroenteri-

tis caused by eating food contaminated by *Salmonella* bacteria. It is signaled by sudden, sharp pain in the stomach or intestines, nausea, vomiting, fever and bloody, watery diarrhea six to seventy-two hours after eating tainted food.

Parasitic infection The most common parasitic infection, giardiasis, or traveler's diarrhea, is marked by a swelling of the intestines caused by growth of the parasite *Giardia lamblia*. This is found year-round all over the world, especially in areas where sanitation is poor. In the U.S., it thrives in hot weather. Symptoms may also include nausea, stomach pain and, in severe cases, considerable weight loss. To prevent *Giardia* infection while camping or hiking, don't drink water from streams or lakes, no matter how clean it looks, unless it's been boiled for at least five minutes.

POISONOUS PLANTS

Poison ivy, poison oak and poison sumac can lurk in backyards, parks and nature preserves. All contain a chemical that causes itchy skin rashes and oozing blisters. This long-lasting irritant can stay potent on shoes, clothes, even the shovel you stored in the toolshed last summer. The best prevention is to wear long pants, shoes and socks when walking in the woods. And know how to spot the offending plants.

Poison ivy is usually a low-lying shrub with three shiny leaves, but it can also grow on bushes and vines, and its leaves may be oval or lance-shaped, shiny, dull or spotted. Poison oak leaves resemble smaller versions of regular oak tree leaves. Poison sumac has up to ten pairs of leaves plus one at the tip.

As soon as you realize you've been exposed, rinse the affected area with water to stop spread of the poison. Then wash with soap. Apply lotions containing menthol and phenol to ease itching, and cool, damp compresses to dry up blisters. Anti-itch medications, including hydrocortisone, offer the best relief.

"PEOPLE SHOULDN'T LIVE IN CAVES AND AVOID THE OUTDOORS," SAYS A TOP DERMATOLOGIST. "BUT THEY SHOULD PROTECT THEMSELVES."

SPORTS INJURIES

After spending a sedentary winter indoors, too many of us overdo it in the spring, and get hurt in the process. There's no surer way to sideline yourself than to do too much too soon. To minimize the risk of injury, replace last summer's worn-out athletic shoes, and before working out or playing a sport, always warm up with a few minutes of your chosen activity at low intensity. Follow with a period of stretching for three to five minutes.

Home treatment for all relatively minor sports injuries includes aspirin or acetaminophen to relieve pain, and RICE (rest, ice, compresses and elevation of the injured limb). If pain persists or worsens, consult a doctor.

SUN SMARTS

Sunbathing may feel wonderful, but it can do terrible things to your skin. Every summer, countless beachgoers get burned—suffering either the fiery hot skin of a first-degree sunburn or the blisters and swelling of a second-degree burn. Doctors say people who have suffered more than two blistering sunburns—particularly before their twenties—are at increased risk of skin cancer in later life. So protecting yourself from damaging rays can help preserve your skin's youthfulness—and might even save your life.

The statistics are frightening. About six hundred thousand people a year develop skin cancer, the vast majority basal-cell or squamous-cell carcinomas, which fortunately are almost always curable. Of the over thirty thousand new cases of malignant melanoma expected this year, however, about one third may ultimately be fatal. Considering the thinning ozone layer and our continuing passion for tanning, the nineties promise no reprieve from skin cancer. The incidence of melanoma has been increasing by 4 percent a year, according to the National Cancer Institute.

With the wide range of sunscreens now available, even the fair-skinned can enjoy a safe trip to the shore, however. "I don't think people should live in caves and avoid the outdoors," says John Epstein, M.D., clinical professor of dermatology at the University of California at San Francisco. "But they should protect themselves." The Skin Cancer Foundation recommends using a sunscreen with a sun protection factor (SPF) of at least 15. Use a waterproof/sweat-resistant sunscreen if you're swimming or playing sports. It's also wise to stay indoors between ten A.M. and three P.M., when the sun is at its hottest, and to wear a hat and tee shirt even on cloudy days.

To ease the pain of a mild sunburn, apply sunburn ointment—those that contain hydrocortisone are soothing—and take aspirin. Second-degree burns merit a doctor's visit; a physician can remove dead tissue and cover burned areas to keep them sterile.

Of course, you should be on the alert for any lesions that might indicate skin cancer. The primary symptom for all types is any unusual skin condition, especially a change in the size or color of a mole or other pigmented growth. See a doctor immediately if you suspect a problem.

The following specialists provided information for this article: Jonathan Day, Ph.D., assistant professor of medical entomology at the University of Florida at Vero Beach; Theodore Nash, M.D., senior scientist in the Laboratory of Parasitic Diseases at the National Institute of Health; Carl Schreck, research entomologist with Agricultural Research Services of the U.S. Department of Agriculture in Gainesville, Florida; Mark Shangold, M.D., sports gynecologist at Hahnemann University, Philadelphia; Martin D. Valentine, M.D., professor of medicine at Johns Hopkins Asthma and Allergy Center, Baltimore; Beth Whitmore, M.D., assistant professor of dermatology at Johns Hopkins University.

Discover what doctors ecommend for itches, rashes and skin irritations.

ison Ivy | Household Dermatitis | Insect Bites | Psoriasis | Eczema

Safe, effective treatment gets ider the itch to bring soothing lief and help in healing.

ile most itches may start out ...an itchy insect bite...an ing reaction to soapy dishwater y often turn into irritated, in- d rashes.

t's why it's important to be able ntify different skin irritations now the best way to treat them. t can relieve the itching...and small problem from turning into one.

ison Ivy. Along with poison and poison oak, poison ivy can nd almost everywhere. Be on the t for redness, blisters and itch- at can appear anytime from a few hours to up to two or weeks. In most cases, treatment opical hydrocortisone will give fective, soothing relief.

usehold Dermatitis. Every- posure to different chemicals itants in the home can affect the a variety of ways. Skin's reac- these substances is called hold dermatitis." Common range from everyday household ers to dishwashing detergent. natter what the cause, the result cracked skin that's irritated and ne best treatment is relief that s and helps heal. Again, in most hydrocortisone provides that

3. Insect Bites. Mosquitoes and gnats can leave you with itching, annoying bites. In most cases, they're not serious but, if not treated right away with hydrocortisone, scratching these red, itchy bites can make them become painful and inflamed. Prompt treatment with hydrocortisone stops the itch, preventing frequent scratching that can lead to inflammation.

4. Psoriasis is a stubborn, chronic and, as yet, incurable disease of the skin. And while it isn't life threatening, the constant flaking, redness and itching can make your life miserable.

The first step towards treating psoriasis is to see your doctor. While there is no cure, a variety of treatments can be recommended. In many cases, doctors have found that application of hydrocortisone creme is an extremely effective way to provide temporary relief.

5. Eczema (or dermatitis) is a persistant eruption of the skin. The result is red, itchy scaling that can appear anywhere on the body.

While there is no specific treatment, the main goal is to provide relief from the constant itching that goes with it. While your doctor can tell you about a variety of treatments, again hydrocortisone has been proven effective in

The miracle of hydrocortisone.

Hydrocortisone is the medicine doctors recommend most for many different types of itches and rashes. And that same medicine is available, without a prescription, in Maximum-Strength Cortizone-5.

Cortizone-5 with hydrocortisone soothes and helps heal the inflammation, rash, or itch caused by household detergents, insect bites, poison ivy, even psoriasis and eczema.

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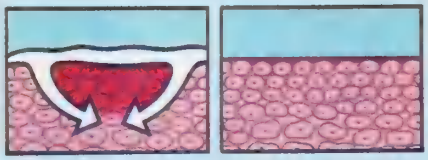

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With the medicine doctors recommend most.

PLAYING TOGETHER

Want to spend more time with your kids—and shape up the entire family, too? Then join the legions of Americans who are having fun hiking, biking and swimming together. Here, how to enjoy family fitness. **By Hank Herman**

Picture Joe Kita and his wife, Maria, pedaling down the streets of Schnecksville, Pennsylvania: Joe is sharing a tandem bike with their five-year-old son, Paul, Maria is hauling their two-year-old daughter, Claire, in a bright-yellow bike trailer. It's an eye-catching procession. "We stop traffic," Joe says, laughing.

Visualize Steve and Terry Blair and their daughters Molly, nine, and Sarah, eight, making their annual ascent of Mount Moosilauke, in New Hampshire, with some half dozen adult friends and their kids. Everyone's laughing and singing—and, okay, maybe breathing a little hard.

Imagine Andy and Brook Berger and their two teenage sons strolling Manhattan, down one avenue and up another, weaving in and out of pedestrian crowds on a sunny Sunday, talking about Adam's upcoming freshman year at college and the backpacking tour Douglas is planning.

These are pretty pictures, and with a little less Nintendo and inertia, and a little more planning and effort, *your* family could be in them.

Even Arnold Schwarzenegger, chairman of the President's Council on Physical Fitness and Sports, has urged our kids, "While you're getting fit, why don't you include your parents . . .? Take a walk together after dinner, play catch for a half hour, ride bikes together, kick the soccer ball around—there are a hundred different ways. Make fitness a family affair."

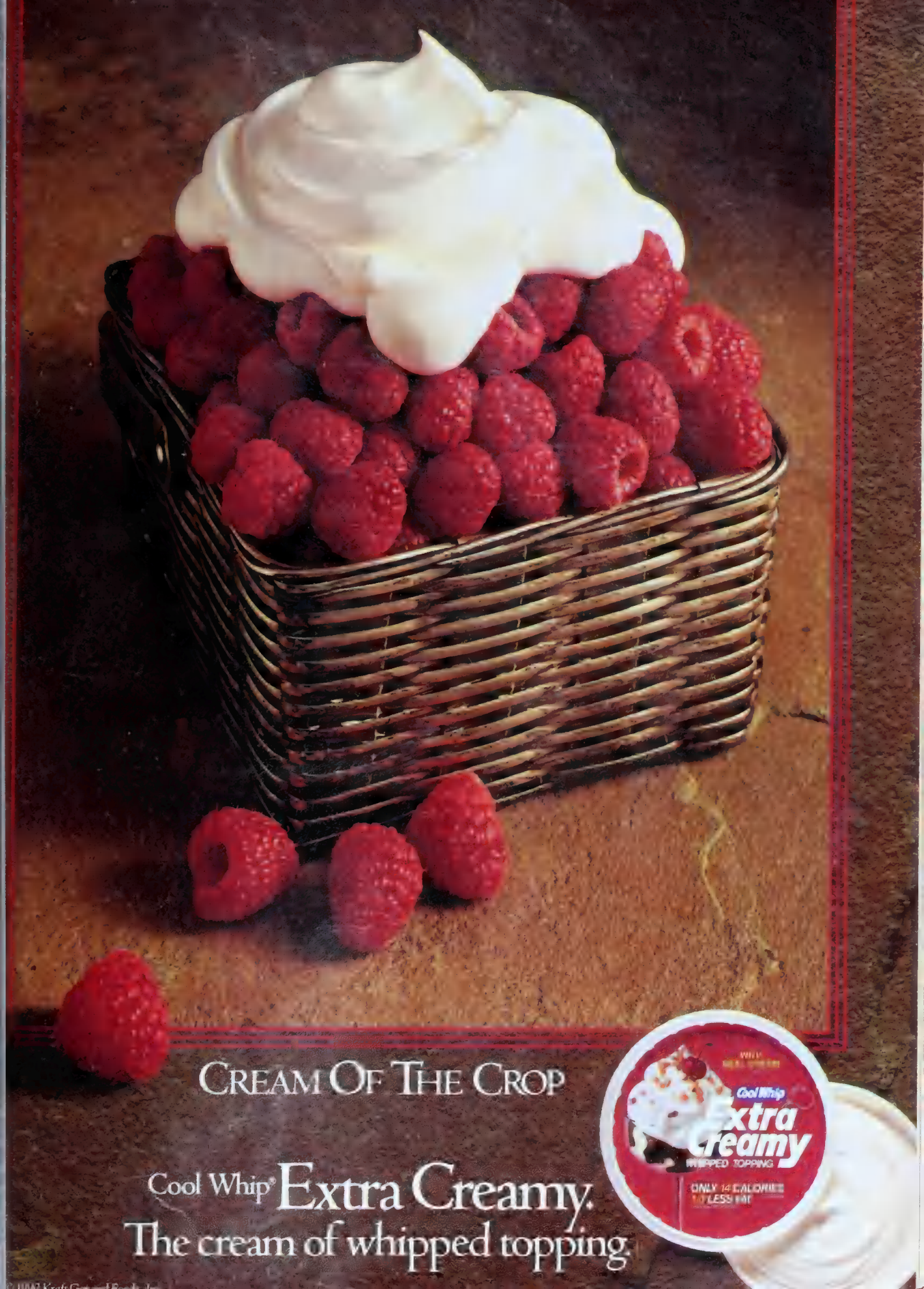
Anyone who's been out on a bicycle path or hiking trail knows that family fitness is catching on. In 1989, adult cyclists outnumbered children for the first time this *(continued)*

In 1979, Steve and Terry Blair moved to Cornish, New Hampshire (population 1,659), a New England recreation paradise, just so they could live in a place where they could play. In the summer, the Blairs—with daughters Molly and Sarah—bike, hike, swim, camp, canoe and play tennis. The season is capped by their annual climb to the summit of Mount Moosilauke (4,800 feet)—a trek they make with twelve to twenty-five neighbors. In the winter the family switches over to cross-country skiing, downhill skiing and ice-skating. "Camp? Who needs it?" says Steve, forty-two, a pediatrician, explaining that he and Terry, forty-one, a teacher, more or less serve as "camp counselors" for the entire neighborhood.

Steve says it's not unusual for the girls to be the ones to say to their parents, "Let's do it!" Molly and Sarah are proud of what they've accomplished athletically, and they enjoy the sports all the more because their friends are often included.

The key for turning little kids into eager outdoors aficionados, says Terry, is to go gradually. She well remembers the years when their hikes were done with the girls in backpack carriers. Today, new adventures are still a great way to keep the family close.

Despite the tremendous emphasis on kid/parent sports, the senior Blairs manage to find time for their own workouts, too. "I've got my tennis buddies," says Steve. "I don't feel deprived."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(continued) century, according to Anne Markham, of the League of American Wheelmen. She notes that it's almost impossible to find parking at the access points to the North Central Trail, a popular bike route in Maryland. Footpower's also gaining popularity, says Susan Henley, executive director of the American Hiking Society, who's now handling some five thousand inquiries a year—compared with one thousand four years ago. "A lot of them," she reports, "are from people wanting to know which areas are suitable for families."

FAMILY TIES

Fitness benefits the psyche as well as the body, experts note. "More and more people are recognizing that physical activity and outdoor recreation—done as a family—are good not only for physical health, but for emotional health," says Henley. Adds Barry Tindall, director of public policy for the National Recreation and Park Association, "Recreational activities allow the individual to express himself better than he usually does at work or school."

The psychological boost is especially important for today's frenetic families, says Roger Barkin, M.D., chairman of the department of pediatrics and newborn medicine at Rose Medical Center, in Denver, and author of *The Father's Guide: Raising a Healthy Child* (Fulcrum, 1988). "Whether you're jogging or playing tiddledywinks, it gives the family focused, uninterrupted time together," he says. "For the kids, it will provide the memory of the parents as fun to be with. For the parent, it will be hassle-free time with his or her children to be cherished."

But getting out the door en masse isn't always easy. As Wilmer Mizell, executive director of the President's Council, points out, parents first have to leap a number of hurdles: their kids' addiction to TV and video games, the difficulty of getting good workouts in crowded urban areas, and the frustrating lack of time in which to do them. Then there's family dynamics: a teenage daughter who's "too old" for family activities, a father who would rather watch sports on TV, a young child who can't quite keep up.

To get you through this obstacle course, we've rounded up the most common questions and pitfalls, and asked the experts how to get to the fun part.

Q. My child doesn't like to exercise; she'd rather watch cartoons on TV. What can I do?

A. Kids respond to what they see. If you're a couch potato, there's a good chance your kids will be, too. Despite the so-called "fitness revolution," says Marc Bloom, author of a series of sports and fitness books for kids, children still see an awful lot of adults vegging out around the house on a regular basis. "Having a positive attitude toward exercise is all well and good, but it doesn't do the job," adds Frank Smoll, Ph.D., an educational sports psychologist at the University of Washington, in Seattle, and author of *Parents' Complete Guide to Youth Sports* (American Alliance Publishers, 1989). "You've got to *do* stuff with your kid."

If you simply can't coax your child out, try a new strategy. "Be part of the solution," says Roger Barkin. "It shouldn't be, 'Go outside and find someone to play with,' but 'Come on, let's go out and play freeze tag.' " Sure, maybe you've got other things to do, but what's more fun, sorting socks or playing games? If the problem affects other kids in the neighborhood, too, get together with their parents and schedule block softball games in the summer or sledding parties in the winter. Your kids won't want to be the only ones left out.

Another motivator: Ask your children what activity *they'd* like to do. Then include their friends. "Kids are a lot more apt to respond to an outdoor activity when their peers are involved," says Marc Bloom—especially when they reach that age when friends are infinitely cooler than parents.

Above all, don't make working out seem like *work*. Never tell your child, "You're in the tenth percentile in chin-ups, and it's time to start shaping up." Kids respond to fun, to challenge, to participation—not to attaining X chin-ups in Y minutes, says Patty Freedson, Ph.D., an exercise physiologist at the University of Massachusetts at Amherst. Don't tell them what they're doing wrong; tell them what they're doing right. And let your own enthusiasm show: Goof around, act silly. Don't approach the exercise in that earnest, straight-line, gotta-get-it-done fashion peculiar to most adults.

Q. What are some good outside activities for parents and children to do together?

A. If you choose a sport where size, experience and ability don't count too much and keep the competition to a minimum, everyone—from the four-year-old who's just developing hand-eye coordination to the thirty-four-year-old who never had a great deal to begin with—is going to feel a lot better.

Obvious choices include biking, hiking or walking, and swimming. Go at any speed that suits, and if the kids get restless, stop. Bloom likes cycling for all ages because it's so enjoyable; kids would never associate biking with (ugh!) fitness. "And you can really go a long way without killing yourself," he adds. He thinks swimming works well, because you can get a relatively inexpensive family membership at most Ys.

Here are some other exercise suggestions for kids of various ages:

SIX AND UNDER

● Duck-duck-goose ● Hopscotch ● Kicking a ball back and forth ● Playing catch (using a wiffle or Nerf ball) ● Playing on swings or a jungle gym ● Simple dancing (the hokey-pokey, for instance) ● Tag or hide-and-seek ● Walking to the zoo or park, or walking the family dog

SEVEN TO TWELVE

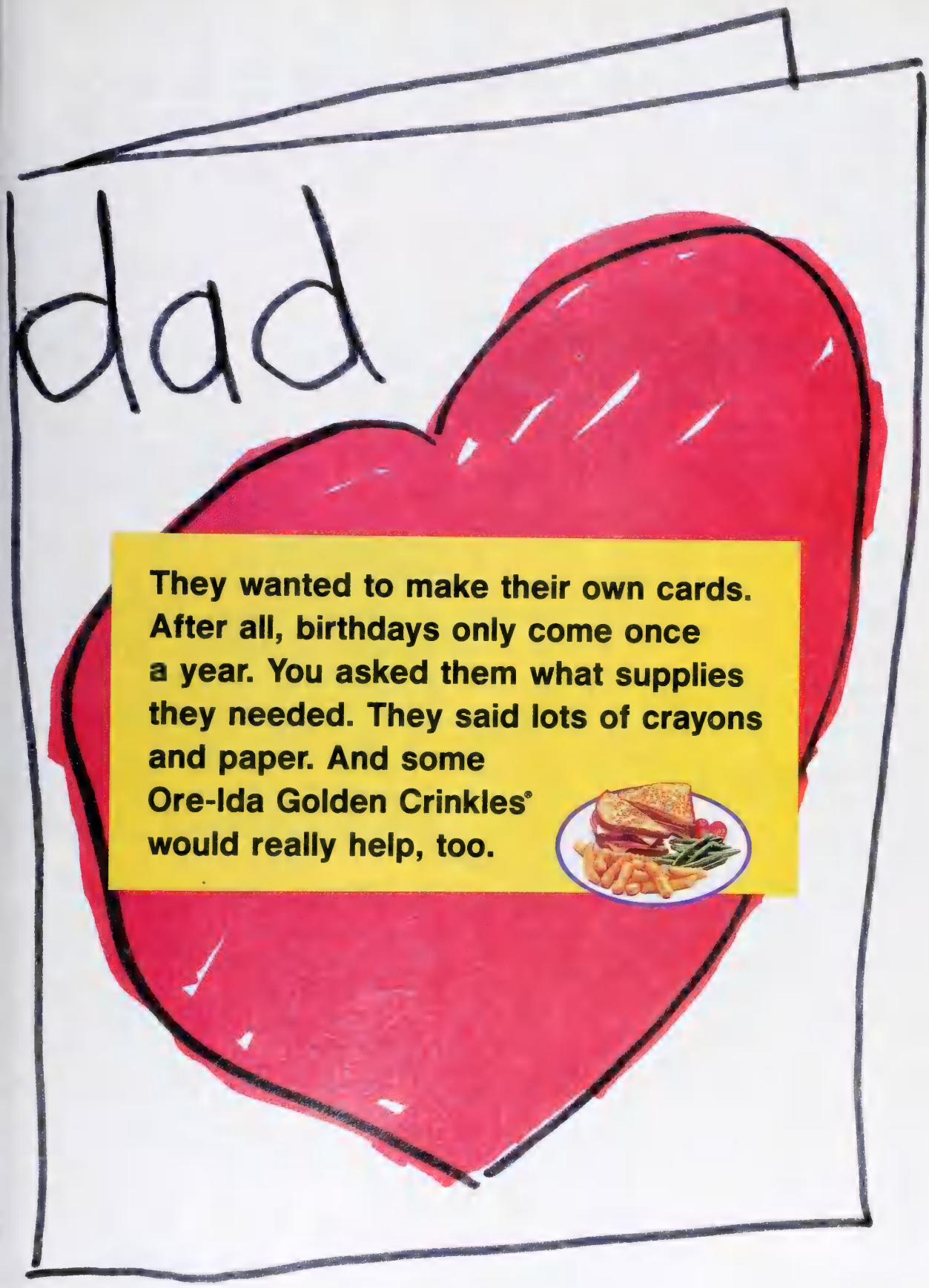
● Badminton ● Boogie boarding ● Dodgeball ● Frisbee ● Jump rope *(continued)*

THE FOUR MUSKETEERS

Though it's not quite as "one for all and all for one" as it was when the kids were younger, the Bergers still get in a generous dose of family recreation—considering that both boys are now teenagers and that they live in the heart of New York City. They often go walking together, and they bicycle in Central Park at least once a month.

Brook, forty-three, a reading specialist, says that when eighteen-year-old Adam and fourteen-year-old Douglas were little, Andy, forty-four, an investment banker, spent at least one day per weekend going biking with them. Now everyone goes his or her own way: Adam runs and bikes; Douglas plays soccer and hikes; Andy works out three times a week at the health club; and Brook takes a twice-weekly exercise class. But they also make time for cross-country-skiing weekends in the countryside. "It's something we can all do together in a beautiful setting," says Brook.

Commenting on the unusual fact that her teenagers are still willing to be seen with their parents, she says, "Fortunately, we do enough things that are of interest to *them*."



They wanted to make their own cards. After all, birthdays only come once a year. You asked them what supplies they needed. They said lots of crayons and paper. And some Ore-Ida Golden Crinkles® would really help, too.

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(continued) ● Kickball ● Miniature golf ● Playing catch with a football or softball ● Roller-skating or roller-blading ● Rowing (if you own a boat or live near a park where you can rent one) ● Shooting baskets ● Square dancing

TEENAGERS

● Baseball ● Bowling ● Football ● Golf ● Horseback riding ● Playing basketball ● Skating ● Skiing (snow or water) ● Tennis

Q. What exercises can we try if our child is uncoordinated?

A. Even a so-called klutz has some abilities. "Find a nonthreatening family activity," says Patty Freedson, where the skills—and the accompanying fear—are not a big deal.

Experts caution against labeling kids as clumsy. Marc Bloom blames phys-ed classes that concentrate too much on high-level skills at the expense of basic fitness for the perception of failure. "A kid can't sink a foul shot, and thinks he's a klutz," he says.

Children with this problem probably haven't had the proper exposure to the proper sport at the proper time. It's a matter of "finding the right fit," says Bloom. If your child doesn't have the coordination for team sports, you might suggest swimming at the Y instead of playing on a soccer team.

Here are some activities for kids who aren't wildly athletic: walking or hiking, bicycling, swimming, horseshoes, croquet, kickball and rowing.

Q. I know walking is a good family exercise, but how can I make it exciting for my kids?

A. First, keep in mind that a child's idea of going for a walk is nothing like a parent's idea of walking. Do yourself a favor and try it your kids' way.

To a child, kicking a stone for the entire block is every bit as important as walking two miles. Picking up bottle caps is compelling; so is jumping over the cracks in the sidewalk. *Everything* is interesting to kids, so forget the pace and go with the flow. If by chance your children are not easily fascinated by what they find, Barkin suggests "counting and cataloguing" things, such as rocks and trees. Or challenge them to name twenty things they can see. You'll be surprised how this will inspire them.

If the fun seems to be fading during your walk, loosen up. Every tenth step introduce a ridiculous jump or twist—your kids will copy it and (if you do it right) laugh hysterically. The reward of a fun destination also goes a long way: the firehouse, a duck pond, a merry-go-round, the zoo. And singing is great for keeping spirits high.

Nature walks are especially good choices for kids who like to explore. Take advantage of any nature trails in your area, or buy pocket guides to local trees, flowers, birds and animals, available in most bookstores. If all else fails—or if you like your nature less structured—strike out on your own and point out the flowers and animals you recognize.

But whatever kind of walk you take, don't overdo it. A mile round-trip is far enough for a four-year-old; a six-year-old should be able to go a mile and a half; an eight-year-old, two miles.

Finally, enjoy what Frank Smoll calls "golden moments for exchange." While your daily "What happened in school today?" invariably gets you a bored "Nothin'," young tongues tend to get loosened during walks outside.

Q. My husband and I are athletic, but our kids dislike sports. How can we encourage them?

A. Here's where you have to take a good hard look at your motivation. As Barkin puts it, if you're taking your eighteen-month-old swimming at the Y or tumbling at Gymboree because you like the idea of forty-five minutes of horsing around with your little one, that's great! But if you're doing it because in the back of your mind you have visions of a future Mark Spitz or Mary Lou Retton, slow down.

You've heard it before, now listen up: Parents should not seek to live out their athletic fantasies through their kids. If your son wants to be the best shortstop in Little League, fine; let him go for it. If it's your husband who wants him to be the best shortstop in Little League, you've got to step back and say, "This is crazy!"

Consider your children's personalities, too. Some kids are just as happy reading a book as shooting a basketball. Your job as a parent is to support the passive interests while encouraging the active ones, says Barkin.

No matter what, don't force your children into your sports; let them choose their own. A hesitant child can sometimes benefit from a gentle parental nudge, but Frank Smoll says you don't want to cross that "fine line between a gentle nudge and a potentially harmful push."

Q. What if my kids are natural athletes but my husband and I have no talent for sports?

A. Don't use your lack of athletic ability as an excuse for not playing with your kids; that's just a cop-out. You certainly don't need to be an Olympic athlete to ride a bike, catch a ball or throw a Frisbee.

If athletics are important to your children, they should be important to you. Remember, skill is not the issue—having a good time as a family is. So stop worrying about your performance and concentrate on having fun with your kids. ■

Hank Herman is a free-lance writer in Westport, Connecticut, who specializes in sports, fitness and families.

The National Recreation and Park Association sponsors special family fitness programs around the country. For information on programs in your area, call your local park and recreation department.

NO TIME FOR FAMILY PLAYTIME

Ruth Brown, thirty-two, works a forty-hour week in the marketing department for a producer of promotional items. Her husband, Fred, also thirty-two, puts in fifty to sixty hours working for a paint manufacturer. Add two preschool children to the household, and the Browns, of Orange City, Iowa, simply don't have enough leisure time.

Ruth says that somehow Fred has managed not to give up softball in the summer or basketball in the winter—"I guess that's the difference between husbands and wives . . ."—but she has to table her workouts until three-year-old Ben and two-year-old Jennifer are asleep. Then she joins a group of friends for a late-night walk or aerobics workout at a local fitness center several nights a week.

Ruth tries to devote the main portion of her evenings to playing with the kids, "but there's supper, dishes, baths." The longer days of summer do give them the chance for some family biking and basketball. "With kids this age," she says, "you've got to grab that family time whenever it works out."

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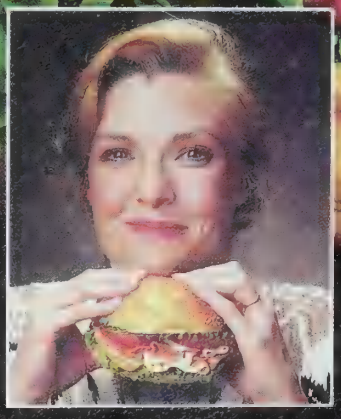

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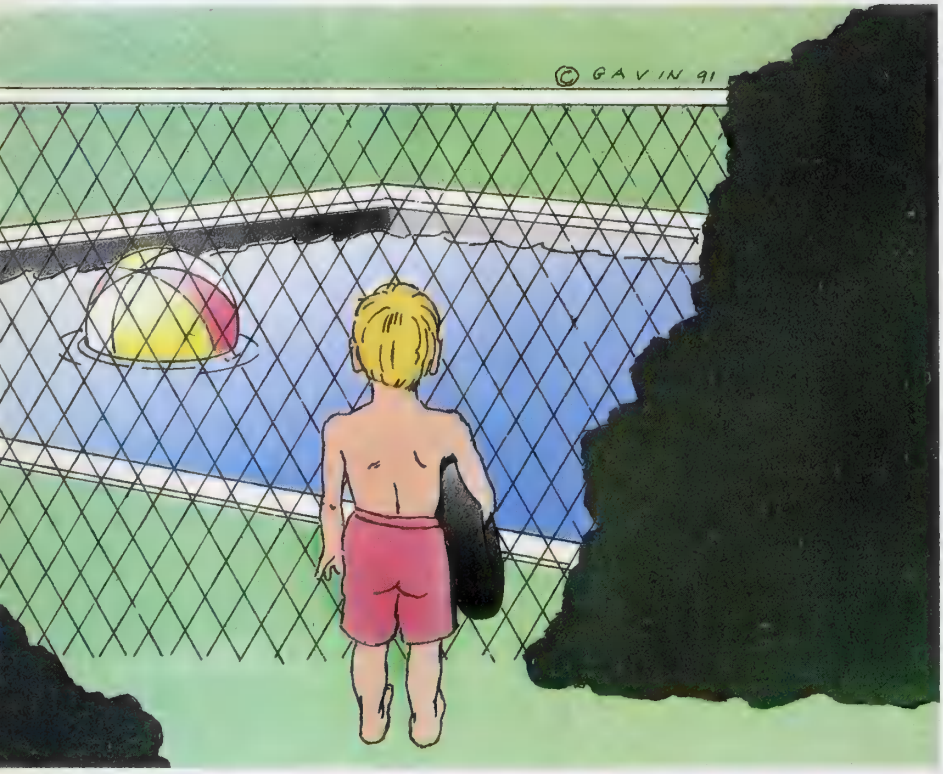
ACCIDENT ALERT

Each summer, thousands of children are injured in mishaps. Here's everything parents need to know to keep their kids safe and sound.

By Bob Diddlebock



Whenever warm weather arrives, so do the heartstopping headlines about children who died in accidents. In one well-known recent case, seven-year-old Michele Snow, of Riverside, California, died after being struck in the head by a one-pound metal-tipped lawn dart; in another, all-too-common type of tragedy, four-year-old Alicea Payton, of Tinicum Township, Pennsylvania, drowned in a neighbor's unfenced swimming pool.

According to the National Safety Council (NSC), more children are killed by such accidents than by any disease; 8,100 children under fifteen died of accidental injuries in 1989, the latest year for which figures are available. Former U.S. Surgeon General C. Everett Koop, a pediatric surgeon by training, says that if an infectious disease were killing children at the same rate, "there would be a huge public outcry."

To be sure, some progress *is* being made: The total number of deaths from injury has actually declined by 10 percent over the past decade, largely because we're taking more precautions. Laws requiring child-safety seats in cars are now in effect nationwide, and many states and localities have strengthened other protective measures.

And when accidents do occur, badly injured children now stand a better chance of survival than they did just a decade ago, thanks to advances in pediatric emergency care.

But regulations and technology can only do so much—parental caution is needed as well.

Obviously, no mother or father can prevent every bruise, but you *can* do a lot to avert serious injury. Below, a list of nine common causes of childhood accidents, with tips on how to prevent and deal with them.

AUTOMOBILE CRASHES

Car accidents are by far the leading cause of childhood fatality nationwide, according to the NSC. In 1989, 3,700 children under fifteen died in motor-vehicle accidents.

Prevention

● The American Academy of Pediatrics (AAP) suggests keeping young children in safety seats in the rear of the car until they weigh about sixty pounds. This may be more stringent than the regulations in your state. Once they outgrow child-safety seats, teach them to use seat belts and shoulder harnesses. ● Be sure children enter and exit the car from the side next to the curb.

First aid

If you are involved in a crash, first call for help if possible, or ask another motorist to telephone for an ambulance. Check your child's breathing and pulse. If she isn't breathing, administer rescue breathing (page 91). If she has no pulse and you're trained in cardiopulmonary resuscitation (CPR), administer it. If you think the child might have a serious head, neck or back injury or is unconscious, do not attempt to tilt her head or move her. Stop bleeding by applying pressure to the wound with your hands or a clean cloth.

If you are injured and unable to administer treatment, try to determine how badly the child is hurt and what injuries she may have *(continued)*

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ACCIDENT ALERT
continued

suffered. The rescue crew will need the information. Keep her buckled into the safety seat until help arrives.

PEDESTRIAN ACCIDENTS

In 1989, 1,250 child pedestrians died in traffic accidents, according to NSC figures.

Prevention

● Don't let children cross streets alone until they're at least seven. Teach them to stop at curbs, look left, right and left again, and listen for traffic. ● Once your kids are old enough to go out by themselves at night, make sure they dress for walks in retroreflective clothes or clothes with reflective tape, and give them flashlights.

First aid

If you see a child hit by a vehicle, have someone call an ambulance while you attend to the child. If he isn't breathing, administer rescue breathing. If he has no pulse, give CPR, and stop any bleeding by administering pressure. Cover the child with a blanket or coat, but *don't move him.*

DROWNING

According to the NSC, some 1,200 children under the age of fifteen drowned in this country in 1989. Any body of water, no matter how shallow, is a potential hazard.

Prevention

● Never leave a toddler unattended around water—a wading pool, a bathtub, even a cleaning pail. Keep toilet lids closed and tubs empty when not in use. ● If you have a pool, fence it completely and install self-latching locks on gates, which should always open toward you. ● Always supervise children closely when they're in or near a pool. ● Don't allow a child who is not a strong swimmer to use inner tubes or air mattresses as flotation devices—should the child accidentally float into deep water and fall off, he or she may not be able to stay afloat. ● Store a pole or life preserver near the pool to aid a swimmer in trouble. ● Keep children away from the pool during thunderstorms to avoid being struck by lightning. ● Install pool alarms that sound if a person falls into the water.

First aid

If a child is rescued from water and isn't breathing, have someone call for an ambulance while you administer rescue breathing. If she has no pulse, give CPR. If she is conscious but her stomach seems bloated, don't try to force the water out; she will spit it up on her own. Warm a child with blankets and body heat.

FIRES AND BURNS

According to the National Fire Protect Association (NFPA), 1,000 children under teen died in fires or from burns in 1989.

Prevention

● Buy and use smoke detectors. The NF recommends installing the devices in or n each bedroom and on every floor. Check batteries monthly. ● Make sure kids kn not to hide under a bed or in a closet. M out two escape routes from each room hold fire drills at least twice a year. ● Te children to drop to the floor, cover t faces with their hands and—if their clo catch fire—to roll around on the groun extinguish the flames. To avoid smoke in lation, tell them to stay as low to the gro as possible, since hot air and smoke r ● Keep home fire extinguishers handy your kitchen and other convenient ar Buy extinguishers that can put out l grease and electrical blazes. ● Install ch proof covers on gas-stove knobs, and k young children out of the kitchen w you're cooking. ● Use only safety matc and keep them out of reach.

First aid

All burns should be cooled immediatel holding the injured part under cool wate ten minutes, or putting the child in a shower or bath. Call your doctor if a

The guy in the middle has reason to smile.

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ers badly or if it covers a large or sensi- area such as the face or genitals. If the d is badly burned, don't remove his ning; charred skin may stick to the cloth.

CYCLING MISHAPS

989, says the NSC, some 320 children onwide under the age of fifteen were d in accidents on their bicycles and r cycles. Wearing safety helmets re- s the risk of head injury by 85 percent.

evention

rovide your child with a snug-fitting hel- that meets safety standards. ● Don't your child on a two-wheel bicycle until s five or six; younger children lack the ber coordination. A child's first bike uld have easy-to-operate coaster (foot) kes. ● Choose the right-size bike. A d should be able to place the balls of feet on the ground while sitting on the and holding the handlebars. ● When r child is old enough to ride in the street least age seven), teach her basic safety s: to stop and look left, right, left for before entering the road; to obey traffic s and lights; to ride to the right of the d; to ride single file when with others; to use hand signals for right and left s. ● Never permit younger children to in the dark; be sure older children wear o-reflective tape or clothing.

First aid

Wash minor cuts with soap and water, apply a small amount of antibiotic ointment and dressings. If a wound is large or bleeds profusely, apply direct pressure and then take the child to a doctor or hospital emergency room for further treatment.

Seek immediate attention if your child hits her head and suffers loss of consciousness, bleeding or seizures, can't move her limbs or appears disoriented.

SUFFOCATION AND CHOKING

Some 400 children, most of them under age five, choked to death in 1989, according to the NSC.

Prevention

● Keep easy-to-swallow objects, such as coins, pins and batteries, out of reach. Don't let small children play with plastic bags or balloons. ● Don't feed children under four any round, solid foods *(continued)*

RESCUE BREATHING (for children under nine)

Place child on back on a flat surface. Tilt head slightly back so chin is up and airway remains open. Open your mouth wide, take a deep breath and blow air into the victim's mouth by sealing your mouth tightly around the victim's nose and mouth.

Give two slow breaths. Take a breath yourself between breaths you give your child. Look for the chest to rise and fall. Listen and feel for air coming out of the child's nose and mouth.

Continue giving breaths until breathing resumes or medical help arrives (give one breath every three seconds for children under a year and one every four seconds for children one to eight). Periodically check victim's neck to make sure there is still a pulse.

These instructions are abbreviated. For more information, contact your local chapter of the American Red Cross or the American Heart Association.

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At about 1/2 the price.

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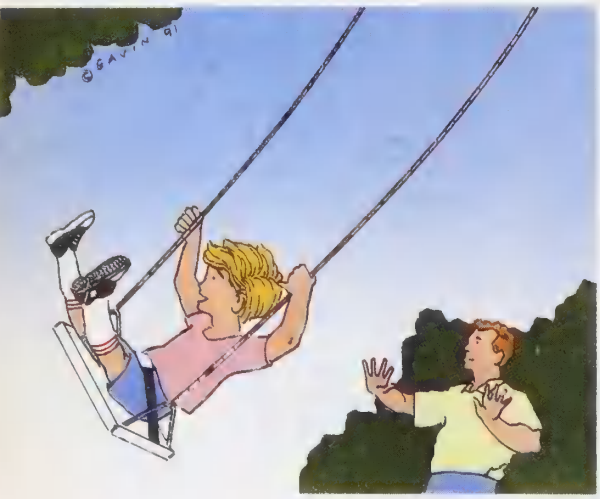
(continued) such as hard candy, peanuts, grapes, popcorn and even hotdogs. ● Before you buy a crib, check the mattress to see that it fits snugly and that the restraint bars are less than two and three-eighths inches apart. This will ensure that kids can't get their heads caught in tight spaces. Corner posts should be no higher than railings. The Consumer Product Safety Commission (CPSC) requires that all new cribs adhere to these standards; however, older cribs may not. ● Don't let a baby sleep with pillows, bean bags or large stuffed toys. ● Never tie cords or string around children's necks; keep cribs away from blinds or mobiles with dangling cords. ● Check toys for small parts that can loosen or break off.

First aid

If a child can't breathe, speak or cough because of an obstruction in the airway, have someone call an ambulance while you perform abdominal thrusts (sometimes called the Heimlich maneuver, a method of dislodging airway obstructions; this technique is taught in first-aid classes).



FALLS

Falls accounted for 150 childhood deaths in 1989, according to NSC statistics. More than half of these fatal falls occurred in the home.

Prevention

● Keep furniture away from open windows. You may want to install window guards; make sure they comply with local fire and safety laws. ● Install sturdy gates and handrails on stairways. ● Secure all area rugs with adhesive strips. ● Use a rubber mat or no-slip stickers in the bathtub and bathroom. ● Lock all doors that open onto balconies, fire escapes and decks, or into basements. ● Buy high chairs with wide bases to prevent tipping, and always use the safety strap. ● Always hold an infant on a changing table to prevent her from rolling onto the floor.

First aid

Seek immediate medical attention if a child hits her head and becomes unconscious, vomits, seems disoriented or dizzy, can't move her limbs normally or appears to have broken a bone after a fall. Don't try to move the child if her head, neck, back or legs are injured.

POISONING

Swallowing poisonous liquids and solids claimed the lives of sixty children under age fifteen in the U.S. in 1989, and another forty died after inhaling poisonous gases and vapors from stoves, furnaces and idling automobiles, says the NSC.

Prevention

● Install childproof latches on all drawers and cabinets that contain liquor, medicines, cleaning fluids, pesticides and other chemicals. ● Never put inedible materials into food containers. ● Teach children never to eat or drink anything unfamiliar. Don't refer to medicine as candy. ● Keep a small bottle of syrup of ipecac handy to induce vomiting, but use it only when instructed to do so by your doctor or poison-control center. ● Learn which plants and flowers are poisonous. If you own any, put them out of reach or give them away. ● Have a mechanic check your car's exhaust system and a furnace specialist inspect your home's heating system for carbon-monoxide leaks. Use propane space heaters in well-ventilated areas only.

First aid

If you suspect your child has ingested poison, try to remove the substance from her mouth. Take the poison container to the phone and call the poison-control center. (Poison-control centers are often listed in local phone books; it's smart to post this and other emergency numbers near the phone.) *Don't* induce vomiting unless instructed to do so.

Symptoms of carbon-monoxide and natural-gas poisoning include headache, dizziness, nausea, fatigue, lethargy and drowsiness, which can progress to loss of consciousness. If you suspect fume or gas poisoning, take the child into the fresh air immediately, then call an ambulance from a safe location. Administer rescue breathing or CPR, if needed.

YARD AND PLAYGROUND ACCIDENTS

Although no statistics are kept on backyard, park and playground injuries, many accidents do occur in these settings.

Prevention

● Inspect your house, fence and play equipment regularly for loose or protruding nails and screws. Sand down rough wood. ● Don't leave young children alone in the yard. ● Keep children and pets indoors when using power lawn equipment. ● When cooking outdoors, keep children far away from the grill. Store starter fluid, matches, charcoal, forks and tongs out of reach promptly. ● If you buy a gym set, install it on level ground far from the house and fence, and make sure the surface underneath is relatively soft. Sink the support posts of the set into underground cement footings. ● Supervise children at the playground and make sure they use the equipment properly. Teach them to watch for people in front of and behind them. Don't allow them to play with sharp-edged items. ● Look for playgrounds that have cushioning under their equipment—such as bark, rubber chips or sand—which can greatly reduce the impact of a fall. ■

Bob Diddlebock is a writer from Denver.

FOR MORE INFORMATION . . .

THE AMERICAN RED CROSS offers courses in CPR, first aid, swimming and water safety. Prepare yourself and your child for a safe summer; call your local Red Cross chapter to find out how to enroll. ● THE NATIONAL SAFE KIDS CAMPAIGN, sponsored by Johnson & Johnson through Children's National Medical Center, provides general information on childhood injuries. Write to National Safe Kids Campaign, 111 Michigan Avenue, NW, Washington, DC 20010. ● THE AMERICAN HEART ASSOCIATION, in conjunction with the American Academy of Pediatrics, has developed the Pediatric Basic Life Support Course on home safety and emergency lifesaving techniques. Call your local AHA office for details. ● THE DROWNING PREVENTION FOUNDATION works to promote pool safety. Write to P.O. Box 202, Alamo, CA 94507; 415-820-SAVE. ● THE MICHELE SNOW FOUNDATION lobbies state legislatures, the Consumer Product Safety Commission and Congress to get unsafe toys off the market. Write: 3 West Lamar Place, Palm Coast, FL 32137; 904-446-5954.

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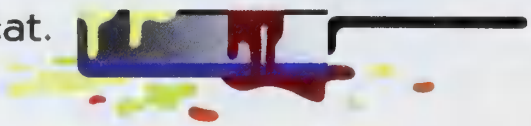
HOW TO ELIMINATE TSKS.

Don't work.

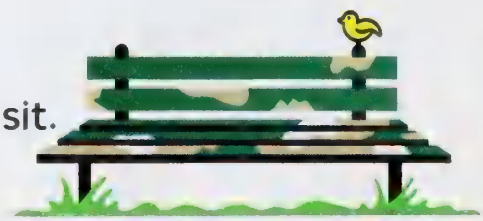
Don't play.

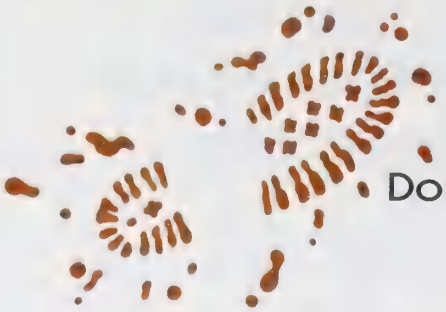
Don't eat.



Don't drink.

Don't sit.





Don't stand.

Don't kiss.

Don't cry.

Don't live...

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HOW AMERICAN WOMEN REALLY FEEL

You're busy, and so are your friends—who has time anymore to get together for an intimate session of girl talk? Well, we're offering the next best thing—a poll that lets you share your deepest secrets about yourself, your relationships—even your sex life. Take a few minutes out of that hectic schedule to pour yourself a cup of coffee, put your feet up and answer some of the most thought-provoking questions we've ever asked. (Remember: Honesty counts!) You'll learn a lot about yourself. And since we'll print the results in our November issue, you'll also be able to learn about the lives of other American women as well as their hopes, fears and fantasies.

CHECK ONLY ONE ANSWER FOR EACH QUESTION. ANSWER ONLY THOSE QUESTIONS THAT APPLY TO YOU.

ALL ABOUT YOU

1. How would you describe your life?

- ☐ a. I'm very happy 7-1
- ☐ b. I'm satisfied, but not ecstatic -2
- ☐ c. I'm very unhappy -3
- ☐ d. I'm bored much of the time -4

2. How do you feel about your family?

- ☐ a. My husband and children are wonderful 8-1
- ☐ b. My kids are great, but I'm not so happy with my husband -2
- ☐ c. My husband is great, but I'm not so pleased with my kids -3
- ☐ d. I'm not happy with either my husband or children -4

3. How do you feel about your job?

- ☐ a. I love it 9-1
- ☐ b. I'm content enough -2
- ☐ c. I work only for the money -3
- ☐ d. I hate it -4

4. If you could be a stay-at-home mom without any financial hardship, would you quit your job?

- ☐ a. Yes 10-1
- ☐ b. Yes; I once thought a career was what I really wanted, but no longer -2
- ☐ c. No, I really enjoy my job -3

5. What's the worst part of your day?

- ☐ a. Getting out of bed 11-1
- ☐ b. Getting everyone out of the house on time -2
- ☐ c. Leaving my children when I go to work -3
- ☐ d. Commuting -4
- ☐ e. Doing chores after I come home at night -5

6. Which would you rather have?

- ☐ a. More time 12-1
- ☐ b. More money -2

7. What do you like most about yourself?

- ☐ a. I'm pretty 13-1
- ☐ b. I'm intelligent -2
- ☐ c. I'm charming -3
- ☐ d. I'm sexy -4
- ☐ e. I'm self-confident -5

8. What do you dislike most about yourself?

- ☐ a. I'm too heavy 14-1
- ☐ b. I'm not pretty enough -2
- ☐ c. I'm not socially adept -3
- ☐ d. I'm not a good lover -4
- ☐ e. I'm too moody -5 ▶

9. How do you usually cope with stress?
- ☐ a. I cry 15-1
- ☐ b. I take it out on others -2
- ☐ c. I eat junk food -3
- ☐ d. I shop -4
- ☐ e. I exercise -5

10. Some women scheme to get what they want. What have you ever plotted for?
- ☐ a. To advance myself socially 16-1
- ☐ b. To get ahead at work -2
- ☐ c. To get even with someone -3
- ☐ d. To get married -4
- ☐ e. Other _____ -5

11. What worries keep you up at night?
- ☐ a. My family's finances 17-1
- ☐ b. The thought of my death -2
- ☐ c. That something will happen to my kids -3
- ☐ d. That I'll lose my job -4
- ☐ e. The state of the world -5
- ☐ f. Other _____ -6

12. How have you changed in the last five years?
- ☐ a. I'm devoting more time to my family 18-1
- ☐ b. I'm devoting more time to my career -2
- ☐ c. I'm more self-confident -3
- ☐ d. I'm more stressed-out -4
- ☐ e. I'm smarter -5

13. Have you accomplished everything you'd hoped to achieve by now?
- ☐ a. Yes—and more! 19-1
- ☐ b. I'm doing about as well as I'd hoped -2
- ☐ c. No, I haven't even begun -3

14. How do you define personal success?
- ☐ a. Being a good wife and mother 20-1
- ☐ b. Having a great job -2
- ☐ c. Having lots of money -3
- ☐ d. Making the world a better place -4
- ☐ e. Being famous -5
- ☐ f. Other _____ -6

15. What is the biggest regret of your life?
- ☐ a. I never finished college 21-1
- ☐ b. I never got married -2
- ☐ c. I stayed too long in a bad marriage -3
- ☐ d. I never had children -4
- ☐ e. I never pursued my dream -5
- ☐ f. Other _____ -6

16. Are you afraid of growing older?
- ☐ a. Yes, I'm afraid of being alone 22-1
- ☐ b. Yes, I'm afraid I'll develop a serious illness -2
- ☐ c. Yes, I worry that I'll become dependent on others -3
- ☐ d. Yes, I'm afraid of dying -4
- ☐ e. No, I'm not afraid -5

YOU AND RELATIONSHIPS

17. Do you like men?
- ☐ a. Yes, in general 23-1
- ☐ b. Only my husband -2
- ☐ c. No, not at all -3

18. Do you trust men?
- ☐ a. Yes, in general 24-1
- ☐ b. Only my husband -2
- ☐ c. No, not at all -3

19. Do you like women?
- ☐ a. Yes, in general 25-1
- ☐ b. Only my friends -2
- ☐ c. No, not at all -3

20. Do you trust women?
- ☐ a. Yes, in general 26-1
- ☐ b. Only my friends -2
- ☐ c. No, not at all -3

21. Do you think men and women can be platonic friends?
- ☐ a. Yes 27-1
- ☐ b. Yes, but only in the workplace -2
- ☐ c. No, they always become attracted to each other -3

22. Do you have any platonic male friends?
- ☐ a. Yes, a colleague 28-1
- ☐ b. Yes, a friend -2
- ☐ c. Yes, the husband of a friend -3
- ☐ d. No, I don't -4

23. Is there any subject you'd never talk about with your close friends?
- ☐ a. My marital problems 29-1
- ☐ b. My sex life -2
- ☐ c. My kids -3
- ☐ d. My job -4
- ☐ e. My money problems -5
- ☐ f. I can tell them everything -6

24. If you had it to do over again, would you marry your husband?
- ☐ a. Yes, in a minute 30-1
- ☐ b. Absolutely not -2
- ☐ c. I wouldn't marry at all -3

25. What's your husband's most annoying little habit?
- ☐ a. He snores 31-1
- ☐ b. He leaves the toilet seat up -2
- ☐ c. He hogs the covers -3
- ☐ d. He's always changing the TV channels -4
- ☐ e. He won't ask for directions when we're lost -5
- ☐ f. Other _____ -6

26. What about your husband would you most like to change?
- ☐ a. I wish he were better-looking 32-1
- ☐ b. I wish he were a better lover -2
- ☐ c. I wish he were a better father -3
- ☐ d. I wish he had a better job -4
- ☐ e. I wish he were more communicative -5

27. What do you like best about your husband?
- ☐ a. He's kind 33-1
- ☐ b. He's got a great sense of humor -2
- ☐ c. He's sexy -3
- ☐ d. He's intelligent -4
- ☐ e. He's ambitious -5
- ☐ f. He loves me -6

28. How do you get what you want from your husband?
- ☐ a. I ask for it directly 34-1
- ☐ b. I drop hints -2
- ☐ c. I act sweet or sexy -3
- ☐ d. I make a fuss till I get it -4
- ☐ e. I refuse to sleep with him -5

29. What secret about yourself have you never told your husband?
- ☐ a. I had an affair 35-1
- ☐ b. I have more money than he thinks I do -2
- ☐ c. I'm older than he thinks I am -3
- ☐ d. I don't love him anymore -4
- ☐ e. I had an abortion or gave a child up for adoption -5
- ☐ f. Other _____ -6
- ☐ g. I've told him everything -7

30. What's the biggest problem in your marriage?
- ☐ a. We don't communicate 36-1
- ☐ b. Our sex life is boring -2
- ☐ c. He physically abuses me -3
- ☐ d. He's a substance abuser -4
- ☐ e. He's unfaithful -5
- ☐ f. Other _____ -6

31. What are you and your husband most likely to argue about?
- ☐ a. Money 37-1
- ☐ b. The kids -2
- ☐ c. Housework -3
- ☐ d. Sex -4
- ☐ e. In-laws -5
- ☐ f. Other _____ -6

32. Have you ever considered divorcing?
- ☐ a. Yes 38-1
- ☐ b. No -2
- ☐ c. I'm divorced now -3

33. If yes, why haven't you divorced him?
- ☐ a. We're staying together for the kids' sake 39-1
- ☐ b. I'm afraid of being alone -2
- ☐ c. My religion forbids it -3
- ☐ d. We've solved our problems -4

34. What would you do if your husband told you he had—or was having—an affair?
- ☐ a. I'd divorce him 40-1
- ☐ b. I'd seek counseling for us -2
- ☐ c. I'd try to save our marriage, but I don't think I could ever trust him again -3
- ☐ d. I'd make him take an AIDS test -4
- ☐ e. I'd forgive him -5

YOUR GUILTY SECRETS, YOUR HUSBAND'S BAD HABITS—TELL US ALL!

35. Do you and your husband ever go to bed angry?
- ☐ a. Yes, frequently 41-1
- ☐ b. Sometimes -2
- ☐ c. No, we've made it a rule to resolve arguments before bed -3

YOUR KIDS

36. Let's say you could choose the gender of your next child; which would you prefer?
- ☐ a. A boy 42-1
- ☐ b. A girl -2

37. Have you explained sex to your kids?
- ☐ a. Yes, I've talked to them openly about it 43-1
- ☐ b. No, but I've told them that sex before marriage is wrong -2
- ☐ c. No, I'm too uncomfortable -3
- ☐ d. No, but they know they can ask me anything -4

38. Would you feel ashamed if your friends saw you disciplining your kids?
- ☐ a. Yes, because I scream at them 44-1
- ☐ b. Yes, because I hit them -2
- ☐ c. Yes, because I'm not firm enough with them -3
- ☐ d. No, I wouldn't be ashamed -4

39. What do your kids do that really drives you nuts?
- ☐ a. They're always asking for money or luxuries 45-1
- ☐ b. They never help around the house unless I nag them -2
- ☐ c. They talk back to me -3
- ☐ d. They don't work hard enough in school -4
- ☐ e. They're always fighting with each other -5

YOUR FAMILY

40. Do you still feel that you have to please your parents?
- ☐ a. Yes, both of them 46-1
- ☐ b. Yes, my mother -2
- ☐ c. Yes, my father -3
- ☐ d. No -4

41. Were you ever sexually abused as a child?
- ☐ a. Yes, I was 47-1
- ☐ b. I think I was, but I have no specific memories -2
- ☐ c. No, I definitely wasn't -3

42. How do you really feel about your parents?
- ☐ a. I love them with all my heart 48-1
- ☐ b. I love them, but they sometimes drive me crazy -2
- ☐ c. I tolerate them -3
- ☐ d. I hate them -4

43. Do you currently take care of one of your parents or in-laws?
- ☐ a. Yes, the relative lives with us 49-1
- ☐ b. Yes, the relative lives elsewhere, but I help with chores and shopping -2
- ☐ c. Yes, my husband and I provide financial assistance -3
- ☐ d. No -4

44. If yes, do you ever resent caring for that person?
- ☐ a. Yes, it's a tremendous strain on my time and emotions 50-1
- ☐ b. No, it's the least I can do -2
- ☐ c. No; one day, I may need my children to care for me -3

YOUR SEX LIFE

45. Be honest, now—do you like sex?
- ☐ a. Yes, a lot! 51-1
- ☐ b. No, I hate it -2
- ☐ c. I can take it or leave it -3

46. How much time do you spend each day, on average, thinking about sex?
- ☐ a. None; who has the time? 52-1
- ☐ b. Less than fifteen minutes -2
- ☐ c. Fifteen minutes to an hour -3
- ☐ d. More than an hour -4
- ☐ e. I constantly think about sex -5

47. Is your husband a good lover?
- ☐ a. He's fantastic 53-1
- ☐ b. He's okay, but not exciting -2
- ☐ c. Frankly, he's not very good -3

48. How often do you make love?
- ☐ a. Every day—no kidding! 54-1
- ☐ b. Three or four times a week -2
- ☐ c. Once or twice a week -3
- ☐ d. At least once a month -4
- ☐ e. Less than once a month -5
- ☐ f. Not at all -6

49. Do you have an orgasm every time you make love?
- ☐ a. Yes, every time 55-1
- ☐ b. Yes, usually -2
- ☐ c. No, never -3

50. Do you ever fake orgasm?
- ☐ a. Yes, all the time 56-1
- ☐ b. Yes, sometimes -2
- ☐ c. No, never -3 ▶

51. How often do you and your husband kiss each other each day?
- ☐ a. Once 57-1
- ☐ b. Two to five times -2
- ☐ c. Five to ten times -3
- ☐ d. More than ten times -4
- ☐ e. We never kiss -5

52. How often do you and your husband say "I love you"?
- ☐ a. Once a day or more 58-1
- ☐ b. Once a week -2
- ☐ c. Only when we make love -3
- ☐ d. We never say it -4

TRUE CONFESSIONS

53. What's one of your guilty little secrets?
- ☐ a. I bring home office supplies 59-1
- ☐ b. I buy snacks for myself and hide them from my family -2
- ☐ c. I secretly watch soap operas -3
- ☐ d. I serve fast food or frozen dinners almost every night -4
- ☐ e. I call in sick at work when I just want a day off -5
- ☐ f. Other _____ -6

54. Are you ashamed of your background?
- ☐ a. Yes; we were poor 60-1
- ☐ b. Yes; no one in my family went to college -2
- ☐ c. Yes; one or more family members drank or used drugs -3
- ☐ d. Yes; one or more family members were abusive -4
- ☐ e. No, I'm not ashamed at all -5

55. Have you ever had an abortion?
- ☐ a. Yes, before I was married 61-1
- ☐ b. Yes, after I was married -2
- ☐ c. No, never -3

56. If yes, why?
- ☐ a. I didn't want the child 62-1
- ☐ b. I wasn't married -2
- ☐ c. The fetus had severe deformities -3
- ☐ d. My life was in danger -4

57. Have you ever lied on a resumé?
- ☐ a. Yes, about my experience 63-1
- ☐ b. Yes, about my age -2
- ☐ c. Yes, about my education -3
- ☐ d. Yes, about my previous salary -4
- ☐ e. No -5

58. Which of these modern "conveniences" do you absolutely hate?
- ☐ a. Answering machines 64-1
- ☐ b. Fax machines -2
- ☐ c. Microwave ovens -3
- ☐ d. VCRs -4
- ☐ e. Word processors -5
- ☐ f. Other _____ -6

59. Whom would you want by your side if you were stranded on a desert island?
- ☐ a. Kevin Costner 65-1
- ☐ b. President Bush -2
- ☐ c. John Goodman -3
- ☐ d. General Norman Schwarzkopf -4
- ☐ e. Paul Newman -5
- ☐ f. Michael Jordan -6

60. If they made a movie of your life story, which actress would best play you?
- ☐ a. Meryl Streep 66-1
- ☐ b. Oprah Winfrey -2
- ☐ c. Julia Roberts -3
- ☐ d. Sally Field -4
- ☐ e. Roseanne Barr -5
- ☐ f. Carol Burnett -6
- ☐ g. Madonna -7

PERSONAL DATA

1. How old are you?
- ☐ a. Under 25 67-1
- ☐ b. 25 to 39 -2
- ☐ c. 40 to 59 -3
- ☐ d. 60 or older -4

2. Where do you live?
- ☐ a. City 68-1
- ☐ b. Suburb -2
- ☐ c. Rural area -3

3. What's your marital status?
- ☐ a. Married 69-1
- ☐ b. Separated/divorced -2
- ☐ c. Widowed -3
- ☐ d. Never married -4

4. How many children do you have?
- ☐ a. One 70-1
- ☐ b. Two -2
- ☐ c. Three or more -3
- ☐ d. None -4

5. How far did you go in school?
- ☐ a. I didn't finish high school 71-1
- ☐ b. I graduated from high school -2
- ☐ c. I have some college, business school or post–high school education -3
- ☐ d. I graduated from a four-year college -4
- ☐ e. I have a graduate degree -5

6. Do you work outside the home?
- ☐ a. Yes, full-time 72-1
- ☐ b. Yes, part-time -2
- ☐ c. I have a home-based business -3
- ☐ d. No -4
- ☐ e. I'm retired -5

7. What is your approximate family income?
- ☐ a. Under $25,000 73-1
- ☐ b. $25,000 to $39,999 -2
- ☐ c. $40,000 to $49,999 -3
- ☐ d. $50,000 or more -4

8. What is your approximate personal income?
- ☐ a. Under $5,000 74-1
- ☐ b. $5,000 to $9,999 -2
- ☐ c. $10,000 to $19,999 -3
- ☐ d. $20,000 to $39,999 -4
- ☐ e. $40,000 or more -5

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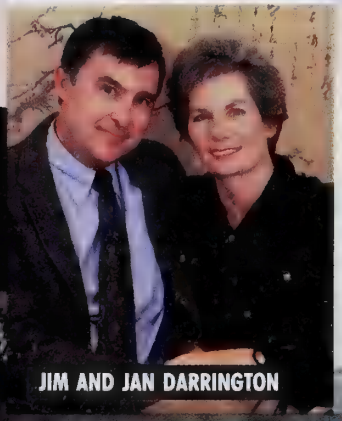
BOY MEETS GIRL

You thought Harry and Sally's courtship was odd? Here are the highly unusual—and often humorous—accounts of what happened when Charlie met Sherry, and David met Ann, and . . .

By Diane Baroni

MARCÉ AND JOEL ROTH


JIM AND JAN DARRINGTON

CHARLIE AND SHERRY SWANSON

ARK AND KRISTI CARTER

JOYCE AND LARRY KRONENBERG

ANN AND DAVID KORONES

JANE AND GARY MASKE

In the movies, couples tend to come together in the most outrageous ways. Scarlett O'Hara encounters Rhett Butler after she nearly clobbers him with a knickknack. Harry meets Sally on a cross-country drive, on a plane and in a bookstore—and that's before they even begin dating. From *Casablanca*'s sultry reunion right on up to *Pretty Woman*'s totally improbable pairing of millionaire and hooker, we've watched raptly as stars meet cute and then play out their passions onscreen.

But what few people realize is that close encounters of the *real-life* kind can be even stranger than Hollywood fiction . . . as these stories from seven loving couples prove.

MARK CARTER, 39, KRISTI CARTER, 39, CHEF CO-OWN INN AND RESTAURANT EUREKA, CALIFORNIA MARRIED 12 YEARS

Mark: There were two totally separate meetings. The first one was in a bar. I told her right away that I was going to marry her. She just laughed, but before she left, she wrote down her address and phone number on a matchbook cover and gave it to me.

Kristi: Quite a proposal.

Mark: So I tried to see her a couple of times, and I called, but she was never there. Finally, I threw the matchbook away. I thought she'd given me a phony number. *(continued)*

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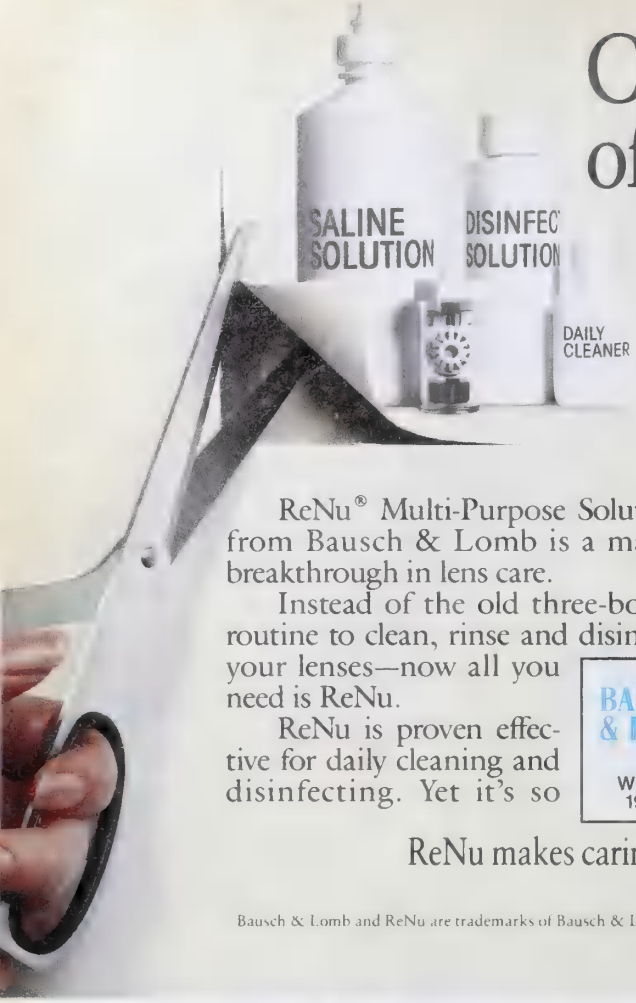

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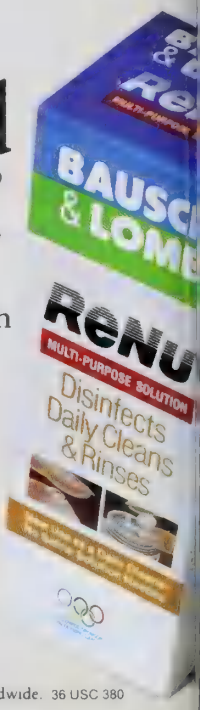

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BOY MEETS GIRL

continued

Kristi: Our next meeting was four months later, at Arctic Circle Burgers. After four years of college, waiting tables there was the only job I could get.
Mark: I went there on a lunch break, and this girl holding a trayful of food came over to my table and said, "I know you." And I said, "Well, could be. I know lots of people."
Kristi: And I said, "No. I met you some night somewhere."
Mark: I just couldn't remember the girl.
Kristi: Nice memory. Great. The girl he was going to marry.
Mark: That was when she dropped the tray, and everything on it went all over me: a large Coke, two cheeseburgers, a couple of plates of fries . . .
Kristi: I *think* it was an accident. You know how you talk with your hands . . .
Mark: And then it hit me. This was the girl who'd given me her phone number. The girl I wanted to marry.

JOEL ROTH, 55, LAWYER
MARCÉ ROTH, 52, FORMER BOUTIQUE OWNER
SANTA FE, NEW MEXICO
MARRIED 32 YEARS

Joel: I was working for Mobil in Bismarck, North Dakota, and one day I saw this good-looking thing in a red dress walking down the street, and I said, "Wow. I've gotta meet that."
Marcé: It was a red majorette outfit. I remember, because he told his friend that he liked my knees.
Joel: But I didn't know how to find out who she was or where she lived. Then, lo and behold, a week or so later, I was looking out the window and up drove three girls in a convertible. And I said, "My God. That's her—the girl in the red dress."
Marcé: We were moving into the same apartment complex.
Joel: Then more luck. I came home one night to find that she'd locked herself out of her apartment. So I asked if she'd like to come up to my place and wait until one of her roommates got home. And she said yes.
Marcé: I said I'd only go into his apartment if he left the door open. With my background, you don't just go into a boy's apartment, for heaven's sake! Besides, I was engaged.
Joel: Six weeks later, she had his ring off and my ring on.
Marcé: It just happened.
Joel: Then Mobil told me they had an opening in Nigeria. And I thought, Good God Almighty, I just got this girl—now they want me to go to Nigeria. But it was a pretty fabulous o so I told Marcé not to worry; withi months, I'd either have her over t or I'd be back.
Marcé: I didn't mind his leaving. I re needed a little time.
Joel: Within six months, I had her there.
Marcé: It was so exciting. I'd never on an airplane before. I'd never been on a train.
Joel: I planned the whole wedding.
Marcé: It was beautiful.
Joel: A big wedding in a cathedral, an Irish priest and an African and my seismograph crew from o the jungle.
Marcé: And I wore a traditional w wedding gown.

JIM DARRINGTON, 55, RETIRED AEROSPACE EXECUTIVE
JAN DARRINGTON, 54, HOMEMAKER
YUMA, COLORADO
MARRIED 30 YEARS

Jim: We were working in the sam fice, in Denver, and I had all t pencils I needed to sharpen, and had the only sharpener. I mean, I estly needed my pencils sharpe but I also thought, Now *there's* a tractive girl.
Jan: He was really cute.

the other girls in the office were after him.
We talked a little, and while making a big show of rpening my pencils, I found out that she had majored in erior design. So I asked if she'd come over to my place l give me some advice.
He didn't really want advice.
I wanted to get to know her better, sure, but I did need p. The apartment was an awful mess. I had all these nds who kept coming into town and crashing.
I finally agreed to take a look at it. But somehow we got about decorating and went to a Halloween party tead. There wasn't anything I could have done to make apartment better anyway. It looked like *Animal House*. believable.
That was our first date.
And two months later, we got married.

RLIE SWANSON, 26, SALES COORDINATOR
RRY SWANSON, 31, TEACHER
PUS CHRISTI, TEXAS
RRIED 6 YEARS

ry: Our families had known each other since I don't w when, and we each knew the other existed . . .
lie: . . . but we didn't really get to know each other till summer we started dating.
ry: I was at college in Boston, but I used to see him und, vacations and summers, and I thought he was just cute. But then I said to myself, "You naughty thing. s so young."
lie: Four and a half years younger. But I'd been dating er girls anyway.
ry: Then I graduated, and came home to Corpus Christi, l it seemed too good to be true. All through college, body had wanted to make a commitment, and I thought I s never going to meet anybody, and here was this guy o seemed to be crazy about me. I kept thinking, He's ng to get tired of me; I've been through it all. Oh, I ught I was a wise old one.
lie: It was because I was crazy in love that I was so sistent. But she kept trying to avoid me.
ry: I was crazy about him, too, but I just didn't believe it ld work out, because of the age difference.
lie: Then one day I called her up, and she said yes, she'd out with me, but of all things, she wanted to play golf. It s pouring rain, so I said, "Well, I don't think we'll be e to play golf."
ry: And my heart sank, and I thought, Why can't we do nething else?
lie: And we did.
ry: Yes, we did.
lie: We sat in my car all day and talked.
ry: In his cute little sports car.
lie: Soon after that, we got engaged.
ry: But I still wasn't sure he was serious. So for my last t I said, "Okay, Charlie, if you really love me, then sell ır sports car and put the money in the bank for our neymoon." About a week later, he sold the sports car. d we went to Italy on our honeymoon.

VID KORONES, 36, PEDIATRICIAN
N KORONES, 32, INTERNIST
CHESTER, NEW YORK
RRIED 6 YEARS

id: We met in our first year of medical school. They start ı off cold turkey with cadavers, and she had the body xt to mine.
: I noticed him because he had three really weird lab rtners, and he was the only nice, normal one of the nch. So at first, he was just *(continued on page 108)*

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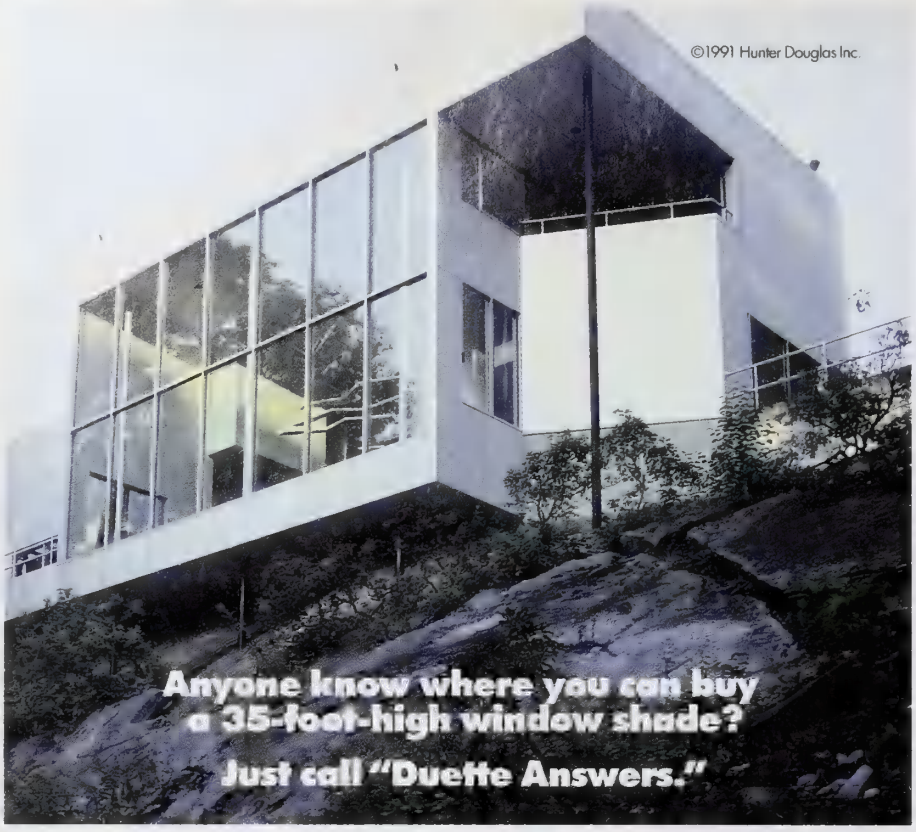

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BOY MEETS GIRL

continued from page 103

this nice guy I could ask, "Hey, what's this nerve?" or "Do you have this glob in your cadaver, too?" You get into really black humor in medical school.

David: Then I started leaving her anonymous notes. We had studied this disease called Sjögren's syndrome. So I left her a little note: "My dearest Ann, I would like to get to know your spleen better. Signed, Dr. Sjögren." Things like that.

Ann: I sent him notes, too. One was in Italian, from a "Dr. Fanconi." That was another disease we learned about.

David: I think Ann thought I was okay, but she was a lot farther away from romance than I was.

Ann: It was the tumbleweed that did it. He was off for a summer in New Mexico to work on a Navajo reservation, and before he left I was sort of joking around, saying that I'd always wanted a tumbleweed. On my birthday, I got a message from the Greyhound bus station that my package had arrived. I didn't know what package, but I drove over, and there was this gigantic box—so big he'd had to buy a seat for it on the bus! The ticket said, "Tumbleweed passenger." And inside the box was a four-foot-high tumbleweed.

GARY MASKE, 48, LANDSCAPE DESIGNER
JANE MASKE, 46, SOCIAL WORKER
CHAPEL HILL, NORTH CAROLINA
MARRIED 20 YEARS

Jane: I was twenty-five, and having a lot of trouble finding nice men to go out with. Once my hairdresser hooked me up with a really handsome disk jockey, but he was crazy. On our first date, he decided he wanted us to get engaged, and he kept forcing this big gold ring on my finger. So I was really striking out.

It got so bad, my parents suggested that I join the Spinsters Club, which consisted of a bunch of older women who sat around and plotted how to get married. If you missed a meeting, they charged you $5, and I missed so many meetings I was going broke. Meanwhile, Gary was doing some work with VISTA, and I was working in a state welfare office—and one of the girls said she had a cute supervisor. And I figured, oh, well, what's to lose? So I called him, made a date—supposedly to improve interagency cooperation.

Gary: That was an appointment, not a date.

Jane: An appointment, right. And I made it three times because he kept canceling. So I finally went over to his office, and I just looked at him an was love at first sight.

Gary: There was a meltdown. Yeah instant meltdown. I took her ou this great hot-dog place—

Jane: But he never even bought anything to eat!

Gary: We had a couple of beers started talking—I didn't realize hadn't eaten lunch. By three-th she'd canceled a doctor's appointm I'd canceled the rest of the aftern and I was ready to abduct her.

Jane: And he did. Seven months la

LARRY KRONENBERG, 70, RETIRED SCREEN PRINTER
JOYCE KRONENBERG, 63, RETIRED BILLING CLERK
BELLMORE, NEW YORK
MARRIED 43 YEARS

Joyce: We both skated at the s roller rink in Brooklyn—the Park cle. Larry was in the service wh started skating there, but after his charge, in February 1946, he back to the rink and joined a grou people interested in roller dance—ular dancing, just like they do on And I was in it, too.

Larry: She had a so-called partner. fellow had a cousin with whom I friendly, and who knew I was a complished skater. So he said, "I could you help my cousin out, bec he's got a nice partner?" And I "That's good; as long as he has a ner already it'll be easy to teach two of them."

But when I got a look at h thought, This kid is not only nice, too nice for this guy. I kind of weas my way in.

Joyce: Larry was a wonderful sk He even went on to compete pr sionally. Even now, he's one of the people in the world who's had a replacement and can still roller-sk

Larry: So anyway, I think the t that clinched it was, whenever meet a girl, I'd bring her home. was the kind of upbringing I ha she didn't want to come home wit and meet the family, I wouldn't b with her. I'd brought girls home fore, but when I brought Joyce Aunt Rose, who saw her first, "Don't let this one get away." mother and father liked her a lot, guess that's what did it.

Joyce: We got married in Nove 1947.

Larry: And we're still skating. E Wednesday.

Diane Baroni has written num articles as well as two novels, a currently at work on a nonfiction b

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GARDEN VARIETIES

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PUREBRED DOGS

Before you fall in love with that doggie in the window, read our guide

SUMMER ON THE SLOPES

What do some of the nation's top ski resorts do for fun in the summertime? Cater to families with low rates, great activities and lots more

OUT OF THE BLUE

The freshest, most stylish color for fashion and home takes its cue from the deep blue sea

Photos: top right, Superstock; bottom right, Katrina

OUT OF THE BLUE

Sea shades are the new way

give your home and wardrobe that easy summer feeling.

By Linda Fea

● An oceanful of tabletop treats. Look for Mexican and Italian glass and painterly pottery with water themes: turquoise goblet and wine-glass, Colony; teapot, Wave by Vietri; blue-rimmed dishes, Vietri; wave dinner plate and polka-dot plate, Presentense from the Palmer-Smith Collection; turquoise Arena water glass, Puccinelli Glass by Vietri; glass fish stirrers and pitchers, Mariposa from the Palmer-Smith Collection; blue petal plate Maryse Boxer Designs; salad servers, Ontano Wood Multi-colored Accessories by Vietri; handpainted napkin and placemat, Joan Olden for Deruta of Italy; marbles, Crisca Corp. Details, P.S. 8.

● Just as summer is heating up, fashion is getting cool. The shades to wear range from turquoise to aquamar to sapphire. Try washed-silk blouses, a floaty rayon tunic and tube skirt or te to slip under black or white jackets. Best accessories: silver and crystal.

DECORATOR'S NOTEBOOK

GARDEN VARIETIES

This season's posh planters put the fruits of your labor on display in the prettiest ways

● Since gardening has become a number-one pastime, it's no wonder so many great-looking planters abound. We discovered these hot pots in the Gardener's Eden catalog (415-421-4242). Clockwise from top left: Terra-cotta is a classic and looks especially striking when filled with a white flowering plant, like paper-whites; the pottery of France's Provence region features glazes in intense colors that derive their layered look from firing at high temperatures; if you love Chinese porcelain, grace your front stoop with bright jardinieres that celebrate symbols of Chinese folklore; be creative when it comes to vases—we think this silver-plated flower bucket is the perfect showcase for your prized roses or any other long-stem buds. ▶

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HOW TO BUY SMARTER

PUREBRED DOGS

They call it puppy love:

An expert guide to picking the perfect pooch. **By Janey Story Schadlich**

Finding the right purebred puppy for your family requires time, research and patience. But in return, you'll get years of loyal devotion from your four-legged companion.

Make sure the breed you choose is right for you. Read about different breeds—try *The Complete Dog Buyers' Guide*, by Dr. William A. Bruette and Kerry V. Donnelly (TFH Publications, 1984), and *The Complete Dog Book*, published by the American Kennel Club (AKC), a national registry of purebred dogs—and attend dog shows. Don't judge by looks alone. Each breed exhibits unique behavioral traits and may have medical problems. For instance, terriers are smart but also stubborn and yappy.

Because many dogs are bred for particular jobs, such as hunting, guarding or herding, they'll always have an instinct for that task. Find out what the breed was intended to do, and make sure you can live with some form of that behavior.

Going to the dogs: The right purebred puppy will give you years of devotion and companionship

Where to get your dog

You might be lucky enough to find a dog of the breed you like at your local animal shelter; keep checking. If you're going to buy a dog, many experts suggest that you choose one from a reputable breeder rather than a pet shop. According to the American Society for the Prevention of Cruelty to Animals (ASPCA), many pet-shop dogs may come from puppy mills—dirty, overcrowded kennels, where poor-quality female dogs are literally bred to death in order to fill consumer demands. The puppies are likely to have illnesses, genetic defects and behavioral problems.

You'll pay for a quality purebred from a breeder—anywhere from $200 and up, but it's often less than a pet-shop dog.

You'll need to do some detective work to find a breeder. Obtain the AKC's list of breed clubs (write: AKC, Attn: Library, 51 Madison Avenue, New York, NY 10010, or call 212-696-8245). Then call some clubs in your area, and ask for names of reputable breeders who raise the type of dog you want.

At each kennel, compare the animals and the conditions in which they're kept—healthy pups are lively and curious, with glossy coats and clear eyes. Ask the breeder for the names and numbers of at least three people who've bought puppies from her, and call each one. Ask them: Is their dog healthy? What's his temperament like? Have they had any problems with him?

A good breeder will judge *you* as well. She should ask about your dog-owning experience, your reasons for wanting a dog and your lifestyle (for instance, how many hours per day you'll be able to spend with the animal). If she doesn't ask, find another breeder.

The dog of your dreams

Now you're finally ready to purchase your puppy. Many canine experts believe that the ideal time to adopt a pup is when he's seven or eight weeks old, when he's fully weaned and ready to be separated from his mother.

To determine which puppy in the litter is best suited to you, ask permission to conduct puppy temperament tests. Tie different colored ribbons around the puppies' necks for identification.

In the first test, observe the pups at play. Look for the bullies—the ones who beat up on their siblings—and give them a score of three. Give the wallflowers who sit back and watch all the others a one. The remaining dogs score a two.

The second test will help you determine the puppies' submissiveness. Cradle one dog in your arms, and place your free hand on its chest. If he's passive and doesn't resist, give him a one; if he resists a little, give him a two; and if he fights you and refuses to give up, he scores a three. Repeat with each dog.

Test three shows if the puppies like people. Place one dog on the floor, walk away, then coax the pup to come to you. The puppy who looks at you but doesn't come scores a one; the puppy who comes to you earns a two, and the dog who ignores you and walks away gets a three. Repeat with the other dogs.

Now analyze the results. A puppy who scored twos is ideal for the average pet owner. If you're shy or passive, choose the puppy who scored one on the first two tests. A dog who scored three each time is dominant. To handle him, you must have a strong personality.

Once you've chosen your dog, insist on a contract that spells out the responsibilities of both parties. Also get a written guarantee of the puppy's health; it should certify that if genetic problems show up later, you can return the pup. Get a copy of the dog's pedigree and his AKC registration slip. Now you're ready to go home and have fun with your new dog.

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Robert Urich

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SUMMER ON THE SLOPES

Pack the family in the car and head for the hills! The country's top ski resorts offer unbeatable summer fun. Here are three best bets.

By Candyce Stapen

Smugglers' Notch, Vermont Splash into summer at Smugglers' Notch, which boasts the largest water playground in Vermont. Kids love to twist and swirl in inner tubes down the three-hundred-foot Giant Rapid River Ride. Toddlers giggle on their own kid-size water slide, and everyone will enjoy the big forty-by-sixty-foot pool.

But water is just part of the fun. Surrounded by the birches and pines of New Hampshire's Green Mountains, Smugglers' Notch boasts an unpretentious condominium community with a family focus. The accommodations offer the convenience and savings of cooking your own meals; but if you want to eat out, there are pizza places and other low-cost family restaurants nearby. The many children's programs give you quality time with (and without) your kids.

Alice's Wonderland, a one-million-dollar day-care facility, features a special toddler space full of soft-sculpture gym equipment for crawling. Active three- to six-year-olds take to the outdoors with Discovery Day Camp, a program of kite flying, arts and crafts, stories and nature hikes. At Adventure Day Camp, seven- to twelve-year-olds participate in mini-Olympics, treasure hunts, swimming lessons and evening bonfires.

Parents can lounge by the pool, hike in the woods or improve their tennis game with the TenPro Tennis Package (also available for kids ages seven and up). The program features daily clinics with a pro, court time and a videotape game analysis.

Various packages are offered, such as the five-day/six-night Family Fest, which includes studio accommodations and kids' camps for a family of four from $725 in June to $949 in August. For more information, contact Smugglers' Notch at Smugglers' Notch, VT 05464; 800-451-8752.

The best of the Longs

Introducing Always Longs. The cleaner, drier pantilir

Keystone, Colorado Keystone brings you the Colorado Rockies—and such great outdoor activities as hot-air ballooning, white-water rafting, back-country Jeep touring, horseback riding, sailing, golf and tennis. At this sprawling five-diamond resort, the condominiums cost up to 30 percent less during summer.

A special feature here is the Keystone Music Festival, which lets you introduce your kids to the magic of Mozart under the stars with a concert by the National Repertory Orchestra.

Guides from the Keystone Science School let you and your kids sample silver mining or walk through fields of wildflowers. For more nature knowledge, enroll your six- to eleven-year-old in the science school. Outings include a trip to a gold-rush town.

Another great idea for the kids is Camp Keystone, a comprehensive all-day or half-day kids' program for two-month-olds and up. The activities range from flower hunts for two- to four-year-olds to mini-hikes in the forest for four- to six-year-olds, as well as paddleboating on Lake Dillon and horseback riding through the Arapaho National Forest for older children. Field trips take older kids to such attractions as Elitch Gardens—an amusement park with a world-class roller coaster.

Camp Keystone costs $42 for a full day and $32 for a half day. A two-bedroom, two-bath condo costs $130 per night. Packages are available. For more information, contact Keystone, Box 38, Keystone, CO 80435, 800-255-3715; in Colorado: 303-468-4181 for children's programs; 800-222-0188 for condo information.

Wintergreen, Virginia This ten-thousand-acre family resort sits atop a mountain in Virginia's Blue Ridge, about one hour southwest of Charlottesville. Summer brings an expansive nature program *(continued)*

Top: Sittin' on the dock of the lake—Wintergreen's Lake Monocan. Right: Horseback riding through the Rocky Mountains at Keystone

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From Thelma Tatro, Canoga Park, CA: After four surgeries on her right shoulder for a rotator cuff injury, the Nordic Fitness Chair's gentle resistance *"did what other forms of physical therapy simply could not do."*

From golf enthusiast Mike Harvey, Atlanta, GA: *"After 6 weeks I'm already longer off the tee, I just won my first long driving contest and I'm pretty sure I'll be at scratch next year. It's driving my golf buddies crazy."*

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(continued) and a great outdoor grab bag of activities. Families will enjoy guided nature walks and wildflower trivia games, as well as horseback rides, boating at Lake Monocan, golf and lazy hours poolside at the large outdoor pool or the smaller indoor one.

Kids are well cared for here and are given the opportunity to learn about the environment through play.

Kids get plenty of fresh air and sunshine during Wintergreen's nature hikes

At Little Levels, preschoolers from two and a half to five years old partake in nature scavenger hunts, butterfly hunts and arts and crafts. With Kids in Action, six- to twelve-year-olds hike Wintergreen's nature preserve and keep busy canoeing, fishing, horseback riding and swimming.

With Kids' Night Out, a nightly summer program from six to eleven P.M., kids ages two and a half to twelve continue the fun with hikes, crafts and movies.

Most condominiums feature cathedral ceilings, skylights, fireplaces, balconies, washers and dryers and often microwaves. Decide whether you want your lodging to be near the Wintergarden, with its pools and casual restaurant, or the Mountain Inn, closer to more restaurants, shopping and the Treehouse for Kids (the children's facility). Summer packages range from $630 for seven nights in a studio to $784 for a one-bedroom. For more information, contact Wintergreen, Wintergreen, VA 22958, 800-325-2200.

WHERE-TO-BUY GUI

P.S. 2: Colony glassware is avail at most major department sto Wave by Vietri is from the Fish dinnerware line. Vietri's blue-rim stoneware dishes are from the R bow Dinnerware line. To order Vi call 800-277-5933. The Palr Smith Collection is available at Nei Marcus. Maryse Boxer Designs available at Avventura, NYC. Olden for Deruta of Italy is availab Hoaglands, Greenwich, CT. Cr Corp. marbles are available at r major department stores.

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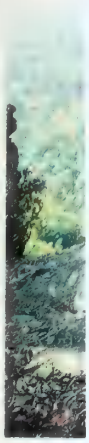

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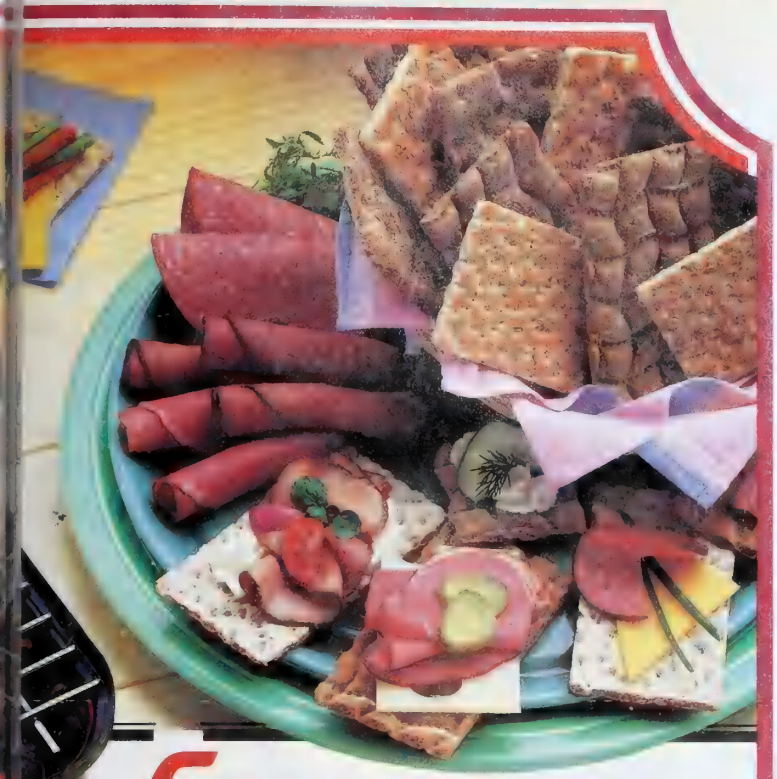

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Steak Marinade—Prepare marinade with ¼ cup soy sauce, ¼ cup olive oil, 1 tsp each McCormick or Schilling Lemon &

easy-to-make recipes on the adjoining panel

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Grilled Steak and Asparagus Sal

Makes 4 servings

- ½ cup bottled light olive oil vinaigrette
- ⅓ cup A.1.® Steak Sauce
- 1 (1-pound) beef top round steak
- 1 (10-ounce) package frozen asparagus spears, cooked and cooled
- ½ cup thinly sliced red pepper
- 8 large lettuce leaves
- 1 tablespoon toasted sesame seed

In small bowl, blend vinaigrette and steak sauce. In nonmetal dish, pour marinade over steak. Cover; c 1 hour.

Remove steak from marinade. Grill or broil steak 4 inches from heat source, for 10 minutes or until des doneness, basting occasionally with marinade and turning 2 or 3 times. Thinly slice steak; arrange ste asparagus and red pepper on lettuce leaves. Heat marinade to a boil; pour over salad. Sprinkle with sesame seed; serve immediately.

Nutritional information per serving: 209 calories; 857 m sodium, 65 mg cholesterol, 5 gm total fat, 1 gm saturat fat, 3 gm dietary fiber

Steak Marinade Italiano

- ¼ cup A.1.® Steak Sauce
- ¼ cup prepared Italian salad dressing
- 1 teaspoon garlic powder

1. Combine all ingredients.
2. Use mixture to marinate any lean cut of beef at least 1 hour.
3. Use leftover marinade to baste beef while cooking or heat marinade and serve with 3-ounce portions of beef.

It's how Steak Is Done.

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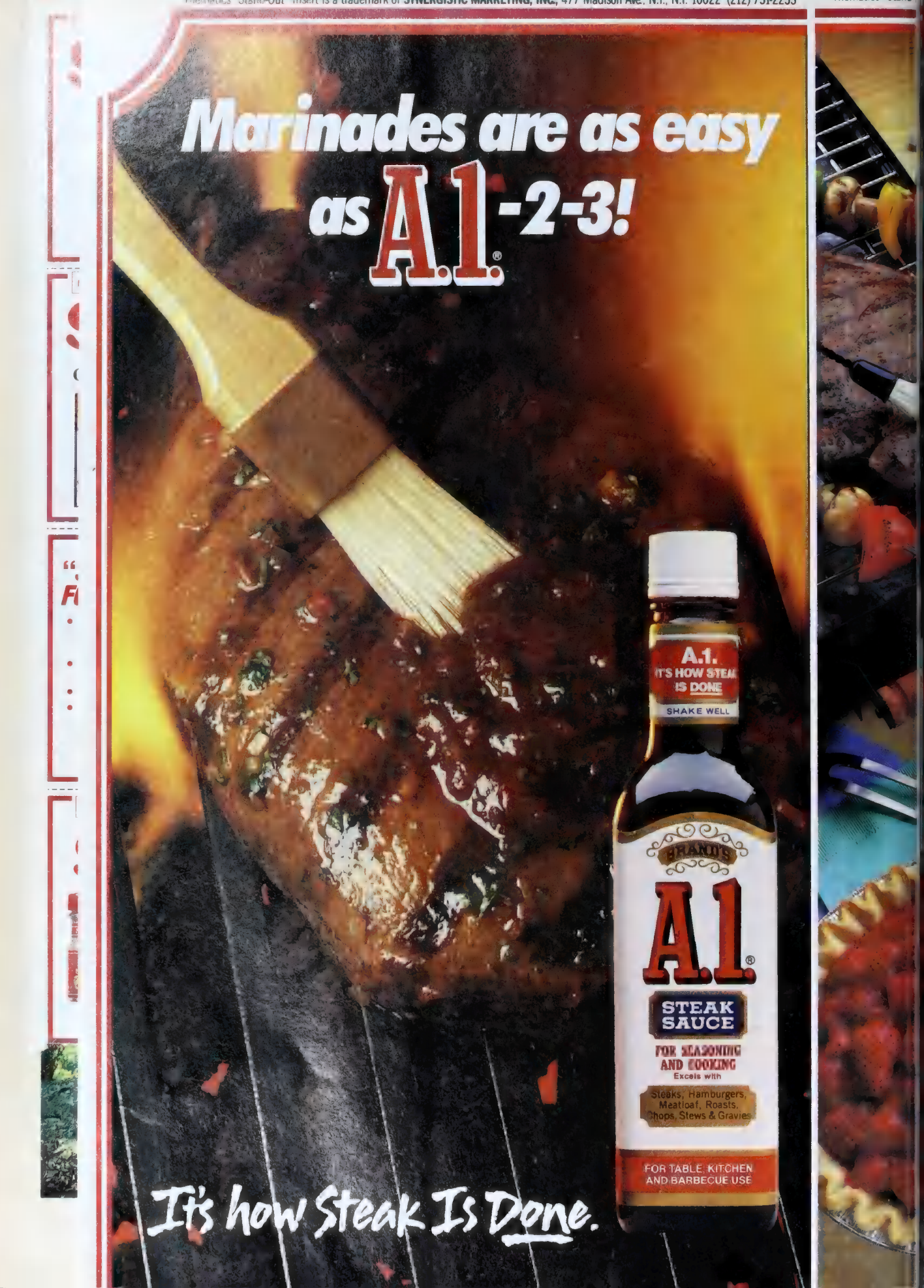

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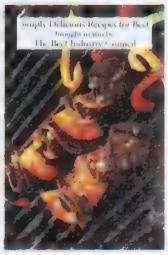

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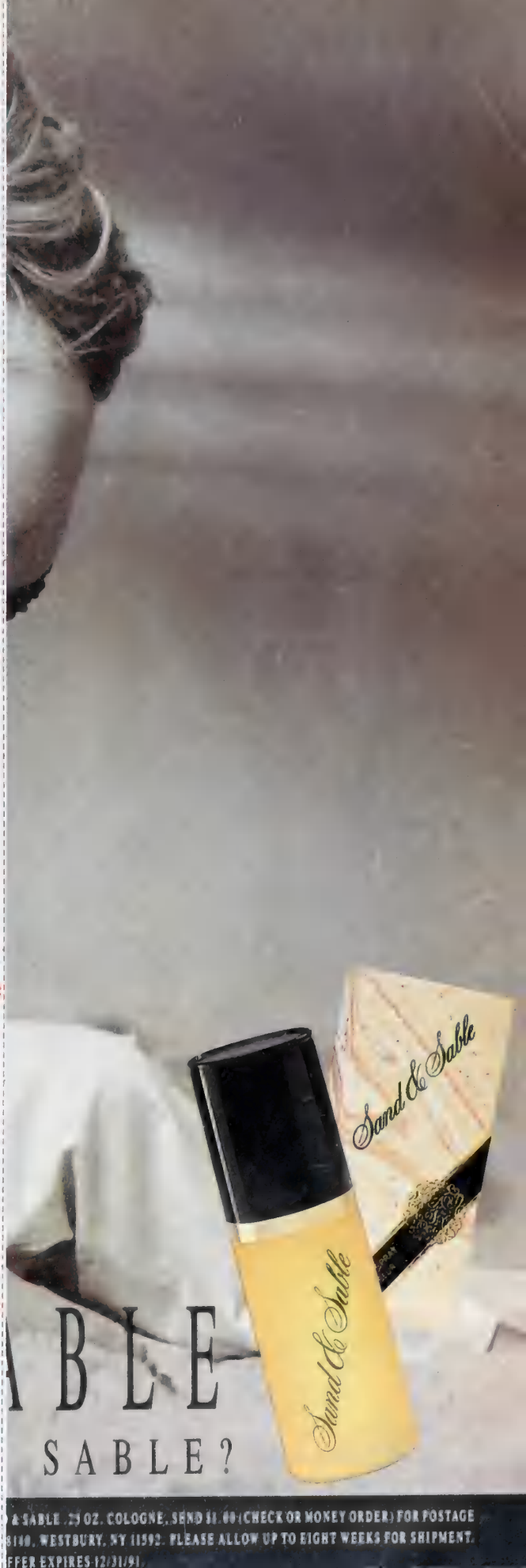

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PARENTS' JOURNAL

A guide to child rearing in the nineties ■ The away-from-home blues ■ Prom night ■ Splish splash

By Mary Mohler and Margery D. Rosen

WHEN THEY GET HOMESICK...

WHETHER THEY'RE GOING TO SLEEPAWAY CAMP FOR THE FIRST TIME OR A COUSIN'S HOUSE FOR THE WEEKEND, EVEN THE MOST CONFIDENT KIDS SOMETIMES WISH THEY'D NEVER LEFT HOME. HERE, ADVICE TO MAKE THE TRANSITION EASIER

Most youngsters get nervous anticipating their time away. "But approximately ninety percent of those fears dissipate by the second day," says Becca Cowan Johnson, Ph.D., a former camp director and now a psychologist in private practice in Santa Cruz, California. Understanding what kids worry about can help you forestall problems:

FEAR OF FAILURE

First-time campers—who are usually around seven or eight—may be terrified of becoming so lonely that they'll have to come home and feel embarrassed in front of their peers. Parents unwittingly reinforce that fear by promising to fetch children at the first cry of distress.

"That promise gives the child an escape route—he may not try to stick it out and meet the challenge of a new place," says Johnson. "It may also send your child the message that you don't think he can adjust either."

Try instead to address his concerns in a low-key manner. Ask a general question, such as "How do you feel about going to camp?" rather than announcing, "When I went to camp, I was afraid I wouldn't have any friends. Are you worried about that, too?" He may not even be thinking about it, so why put the idea into his mind?

However, if your child brings the matter up first, then of course you can share your own experiences. Recalling the time you cried when you stayed with your grandmother or at a friend's house gives your child permission to have feelings he might otherwise think were unacceptable or babyish, says Bob Ditter, a child and family therapist and camp consultant in Boston. "Parents can talk about their own camping days and reassure their children that other kids feel the same way even if they won't admit it. Then remind your child of all the things she was looking forward to doing at camp."

If your child has never spent a night away from home, have him sleep at a friend's or relative's overnight or for a weekend. Be sure to pack some of your child's special things—a beloved stuffed animal, a favorite T-shirt (even if it has ketchup stains on it)—so he has a link with home.

FEAR OF THE DARK

Children who sleep with a night-light worry that they won't be allowed to do that at camp, or that their bunkmates may tease them for doing so. Call the camp director to see what accommodations can be made. He might put your child's bed next to the counselor's, or closest to the porch light. Ask, too, if your child can keep a flashlight with extra batteries next to his bed.

You might also try to get your child used to sleeping with the light off at home before he leaves. Psychologist Becca Johnson suggests sitting in the dark in your child's room for a few minutes, and if he hears a noise, turning on a flashlight to identify the sound's source. "That's the wind" or "What you heard was a car going by" will reassure him that these are common, nonthreatening sounds. You might also buy a dimmer switch, which allows you to gradually lower the light.

FEAR THAT SOMETHING MAY HAPPEN WHILE THEY'RE GONE

Children may be afraid that a grandparent or pet will die in their absence. Remind them of all the times the family was away on vacation and nothing bad took place. Children may also fear that their parents may get divorced when they are away. To ease this concern, both parents, not just Mom, should write to the child. Enclose a happy picture of the whole family.

FEAR THEY'LL BE FORGOTTEN

Some youngsters, especially younger ones with new siblings, worry that their position in the family will be usurped. The trick here is to reassure them that the family isn't complete without them. Show the new camper you've placed a photograph of her on the bureau to give her a concrete sense of permanence. Also, write at least twice a week, and have a letter waiting when she arrives at camp. Tell her you can't wait to hear about what she's doing and remind her of an activity she had really been looking forward to. Many camps have a policy against phone calls, believing it makes the child even more homesick to hear Mommy's voice. If you need reassurance that the child is doing all right, call the camp director. —SALLY ABRAHMS ▶

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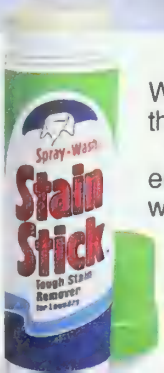

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PROM NIGHT

BY TRISH VRADENBURG

ONE MOTHER'S STORY

It started when my daughter was a high school freshman.

"No one will ever ask me to my senior prom," she obsessed. "I'm disgusting-looking. My hair's bone straight. I'm fat. I have braces. There's no hope."

Sure, I could point out for the umpteenth time that she's beautiful: Her hair is a silky, flowing blond. She has the kind of curvy slender figure that shouldn't be wasted on a teenager—who by definition never appreciates her own assets. I could tell her all that, but I know I will be accused of being just her mother—who by definition never recognizes any of her child's flaws. Instead, I assure her that if the braces are still on in three years, I'll buy wire cutters and personally remove them for her.

"What about this zit?" she asks, pointing to a tiny speck on her forehead. "What if it never clears up?"

"We'll sell the house and rent you a date. Trust me, you won't miss your prom."

The braces came off, the hair got permed, the zit took up residence on some other kid's face. Boldly, I show her a mirror.

"I'm gross-looking," she sighs. What did I expect? She's still a teenager.

But even she has to admit there's an outside possibility she'll get an invitation to the prom. As it turns out, she gets four. Two of them she turns down with that handy face-saving line, "I don't want to ruin our friendship." Two of them she accepts.

"This might get a little tricky during the slow dances," I point out.

"I don't know what to do," she explains. "Besides, this is the most important night of my life. I'll still remember it when I'm as old as you. It has to be perfect."

She weighs the pros and cons. Bachelor #1 is smart, handsome, captain of the soccer team, a little quiet. Bachelor #2 is adorable, captain of the baseball team, outgoing, eager to please. I understand why she wants both of them; still, her dress will accommodate only one corsage. After much soul-searching, the date goes to #2. The deciding factor is deeply profound: The night before her decision, he wins the lip-syncing contest at the high school.

Naturally, the perfect prom has to have the perfect prom dress. The marathon begins. We discover a store that specializes in prom dresses. It has a registry that makes Tiffany's pale in comparison. Before you are allowed to try on a gown, the manager checks to make sure no one at your school has already bought it.

Occasionally, a mother asks the price of the dress. At this point, a silent buzzer must go off because everyone freezes in a stare—somewhat like that old E.F. Hutton commercial—to see who is that crass. *I* am that crass. The prices are astronomical. We're talking the equivalent of a side-by-side refrigerator here. My daughter may be fussy, but she isn't over-the-top greedy. She suggests we take our chances with the unregistered, off-the-rack gowns in a department store.

After four grueling days, my daughter finally finds it. The dress she decides on (actually the third dress—she returns the first two) is truly beautiful: an elegant black-and-white sequined taffeta. Naturally, no perfect dress is complete without perfect matching shoes, evening bag, jewelry. I reassure myself that plenty of people have second mortgages.

Now Mr. Lip Sync can order the cummerbund and bow tie to match her dress. Then she can order the boutonniere to match the corsage, which will pull this dual outfit together. Spontaneity has gone right out the window.

Knowing that no ultimatum will work, the high school agrees to let seniors out early on the day of The Event. This leaves three hours to dress. It also leaves three hours to obsess: The dress looks too tight; the lipstick is too dark; the earrings she didn't buy would have looked better.

Mr. Lip Sync and the two other couples sharing the limo come in for our first round of picture taking. Then we rush to two other pre-prom parties. The role of a parent here is to take memorable pictures and then magically fade into the background. It is one of those last, sweet, in-between times when they're defining themselves through their friends—but they still need you. Everyone admires everyone else. And, to be honest, they all look radiant and filled with infinite possibilities.

"You look beautiful," I whisper to my daughter as she's about to leave.

"You're my mother," she replies evenly.

"Even so. I wish you believed it."

"I sort of do," She smiles gently. "Thanks."

She hugs me tightly. It is one of those moments I know to press in my memory book. It was worth it: She finally has a sense of herself. "But, Mom," she whispers, heading toward the door, "what if no one asks me to my college prom?" ▶

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There was a time when you thought roo

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ormance, and style were the last things
d find in a small wagon. Besides yourself,
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PARENTS' JOURNAL

UNDERSTANDING KIDS

BY LAWRENCE BALTER, PH.D.

My two-year-old daughter has always loved her bath. But suddenly, she's terrified and won't go near the tub. I have no idea what happened—will this fear go away as suddenly as it came?

Dr. Balter is a practicing psychologist and professor of applied psychology at New York University. He is the author of *Who's In Control?* (Simon and Shuster, 1989). His most recent publication is *Stepping Stones Stories* (Barrons, 1989, 1990), a series of illustrated books for children.

It's quite common for toddlers to develop fears about things that never bothered them before. There are several possible causes for your child's behavior.

Toddlers place a good deal of importance on doing things for themselves; therefore, the act of sitting in a tub may represent a loss of autonomy for her. At a stage when freedom and willpower rank high, that can be frightening.

Toddlers may also fear that they will be washed down the drain. Despite the fact that they may demonstrate very good judgment, say, in fitting pegs into holes in a pegboard, no amount of explaining will convince them that they are simply too big to fit in the drain hole of a tub.

Another common fear at this age is that they may need to relieve themselves when they are in the relaxing bathwater. If your daughter is just beginning to train herself, she may be concerned that she will urinate or have a bowel movement in the tub.

So what can you do? Of course, as long as your daughter is terrified, don't force the issue. At all times, you should proceed calmly and in a low-key fashion, since a confrontation will only prolong the problem.

Try to slowly reduce her fear by filling the tub, placing some toys in it and letting her stay outside and play with them. After a few days, she may want to get right in. You can also make a game of having her stand in an empty tub while you count to three, then remove her. Have her stand briefly in the tub while the water is running into, but not filling, the tub, or put a few inches of water in the tub and sponge her while she stands up. Keep all these attempts short so you can move her in and out quickly.

You might experiment with the shower, too. Some children enjoy holding a shower attachment and controlling the spray. It's messy, but worth the puddles if it works. Meanwhile, resign yourself to sponge baths—and remember that this, too, shall pass.

PEDIATRIC HEALTHLINE

■ My eighteen-month-old has blisters in his mouth and a fever. The pediatrician says he has Coxsackie virus. He seems so miserable. Is it anything serious?

Coxsackie virus (named after Coxsackie, New York, where it was first discovered) belongs to a group of viruses called enteroviruses, most commonly seen in the summer. Many types of viruses are in the Coxsackie group, and they cause a variety of illnesses ranging from a nonspecific fever to upper-respiratory disease, croup, pneumonia, a variety of rashes and even meningitis. The majority of Coxsackie illnesses are benign and self-limited, and merely cause discomfort. Coxsackie A16 virus, for example, is a common cause of sores in the mouth, is associated with fever and is also the cause of what is referred to as hand, foot and mouth disease. Children will have a fever, ulcerations in the mouth and small blisters on the hands, feet and occasionally on the buttocks. Complications are unusual, and the symptoms last about three to four days, although the fever may linger for a week. Infected individuals are contagious and can spread the illness by personal contact and through secretions, such as saliva or perspiration. Swimming and wading pools are a possible source of spread in the summertime.

There is no treatment for the problem. Give the child an acetaminophen pain reliever (which will also lower the accompanying fever), or spray the child's throat with an over-the-counter sore-throat spray.

—Michael J. Muszynski, M.D.

ASK THE DOCTOR

Got a question about your child's health? Ask the doctors on the Pediatric Healthline of the Arnold Palmer Hospital for Children and Women, in Orlando, Florida. Call 800-727-9434 the first Wednesday of every month between six P.M. and nine P.M. Eastern time. OB-GYNs and family practitioners are also available to answer health questions. This month's healthline, on June 5, is sponsored by PediaCare® Cold Relief Products for Children.

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THE LAST CHARGE

The Merandos had their credit-card spending under control—until Joseph's sales commissions tumbled and their debt soared to $22,000. Now they're getting their lives—and budget—back on track.

By Charles E. Cohen

The Merandos—above left, Juanita, Melisa, Joseph and Christine—are rediscovering that a few of the best things in life—like Monopoly games—are free

To Joseph and Juanita Merando, the number hung in the air like a prison sentence: They were $22,000 in debt. For nearly two years, they'd avoided adding up what they owed, routinely spending more than they earned, then making ends meet by floating themselves cash advances on their credit cards. But finally, the crush of angry creditors convinced the New Port Richey, Florida, couple that they could no longer take the strain. They turned to the local branch of the Consumer Credit Counseling Service (CCCS), part of a national network of nonprofit groups that helps people with debt problems, for the final tally of the red ink and advice on how to erase it.

"It was awesome, absolutely awesome," recalls Juanita, thirty-seven, who earns $14,380 a year working part-time as a bank teller and a Tupperware salesperson. Agrees Joseph, thirty-four, who makes $41,500 by working as a sales manager for a direct-mail company in nearby Tampa, along with two part-time sales jobs, "I knew we owed a lot, but I didn't think it was *that* kind of figure."

Now, one year after their financial reckoning, the Merandos are climbing out of what once seemed a bottomless hole. They reduced their debt by $3,500 in the first six months and turned off the barrage of threatening calls and letters from their creditors. "It's like being ill and having a doctor say, 'I can help you,' " says Juanita.

A growing number of families may soon need the same prescription. With a collective outstanding credit-card balance of $218 billion—up from $82 billion ten years ago—Americans are deep in hock, and the gap between what we owe and what we earn is growing. In 1980, the average family's total debt—including mortgages, credit cards and other loans—equaled about 72 percent of its disposable income. By 1988, that figure had risen to 91 percent.

Worsening economic conditions are adding to the crisis: 718,107 Americans filed for personal bankruptcy in 1990, an increase of more than 90 percent since 1985. And with the current recession, people who never had credit problems before are now finding themselves in over their heads. "Our counseling services saw a surge in demand in the fourth quarter of 1990, primarily due to changes in income status," says Jay Muzychenko, vice-president of the National Foundation for Consumer Credit (the umbrella group for the five hundred fifty local CCCS offices).

Before their problems began, the *(continued on page 122)*

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1 pita bread round vegetable oil spaghetti sauce Kraft® Shredded Mozzarella
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Preheat broiler. Brush one side of bread round lightly with oil. Add sauce, cheese and toppings. Broil 2-3 min. or until cheese is bubbly. Serves one.

92¢ per serving.

Prep time: 5 min.
Cook time: 3 min.

FAST 2-WAY CHICKEN

1 broiler-fryer (2½-3 lb), cut up, skinned ½ c Miracle Whip® Salad Dressing
Italian: ⅓ c Kraft® House Italian Dressing or **Mexican:** mix ¼ c salsa & 1 tsp chili powder.

Arrange chicken in 12x8 in. baking dish with meatiest portions facing out. Cover with wax paper. Microwave on high 18-20 min. or until no longer pink, rotating dish after 10 min. Stir Miracle Whip® and one flavor combination together. Place chicken on grill or broiler pan. Brush with half of sauce. Cook 5 min. Turn and brush with remaining sauce. Cook 5 more min. or until golden brown. Serves four.

Prep/cook time: 35 min.

78¢ per serving.

MAC & CHEESE MIX-INS

1 (7¼ oz) pkg Kraft® Macaroni and Cheese Dinner 1 (10 oz) pkg Birds Eye® green peas, thawed
6 slices Oscar Mayer® bacon, cooked & crumbled

Prepare Kraft® Dinner according to directions. Stir in peas & bacon pieces. Serves four.
Cheeseburger Mix-In: add ½ lb browned ground beef & 2 Tbsp chopped green onion.

Prep/cook time: 20 min.

Bacon/64¢ per serving. Cheeseburger/37¢ per serving.

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THE LAST CHARGE

continued from page 118

Merandos had been conservative spe
ers. Despite the cost of raising th
daughters—Melisa, ten, and Christ
eight—they managed to pay off mos
the balance on their ten bank, dep
ment-store and gas cards every mo
"I had great credit," says Joseph, v
at the time was working as a sa
manager for a new-home developer
was always able to pay my bills."

But Joseph's $40,000 income ca
entirely from commissions, and wh
a real-estate slump hit in Octo
1988, sales plummeted—along w
Joseph's earnings. To bolster the fa
ily finances, he took a part-time jo
a clothing salesman.

About a year earlier, the Meran
had put most of their savings into
$18,000 down payment on their n
$98,000 three-bedroom home. With
seph's wages cut by about $34,000,
family's small remaining savi
cushion disappeared within weeks.

Juanita and Joseph began tak
cash advances on their credit card
couple of times a month to make th
$820-a-month mortgage payment,
well as other major monthly expen
$118 on the seven-year, $7,000 ho
equity loan they had taken to
their 1987 back taxes; $302 for a
loan payment on their 1985 Olds
bile Ninety-Eight, another $181
payments on their 1988 Ford Ter
Soon, they were also turning to
vances for groceries, medical care, u
ities and other necessities.

By February 1989, the Meran
were nearing the credit ceilings
most of their cards, with the inte
rates ranging from 18 to 21 perce
Still short on income, they reinsta
old cards they had canceled before
cash crisis, then applied for new
counts. Before long, they had twe
cards. "The stupid applications ca
in the mail all the time," Juanita b
tles. "It was *too* easy!"

Emotionally, life was far from s
ple. Joseph and Juanita felt kn
tightening in their stomachs with e
new piece of plastic. "It was a desp
ate situation," says Juanita. "We w
putting off the inevitable."

By the end of 1989, the Meran
knew they were in deep trouble.
addition to their other expenses, th
now owed $2,300 to the IRS for unc
estimating their 1988 income taxe
payable in installments of $75
month. Joseph paid this and other
sential bills promptly, but that me
postponing others. Soon, the Meran
were two months behind on their m
gage and car payments.

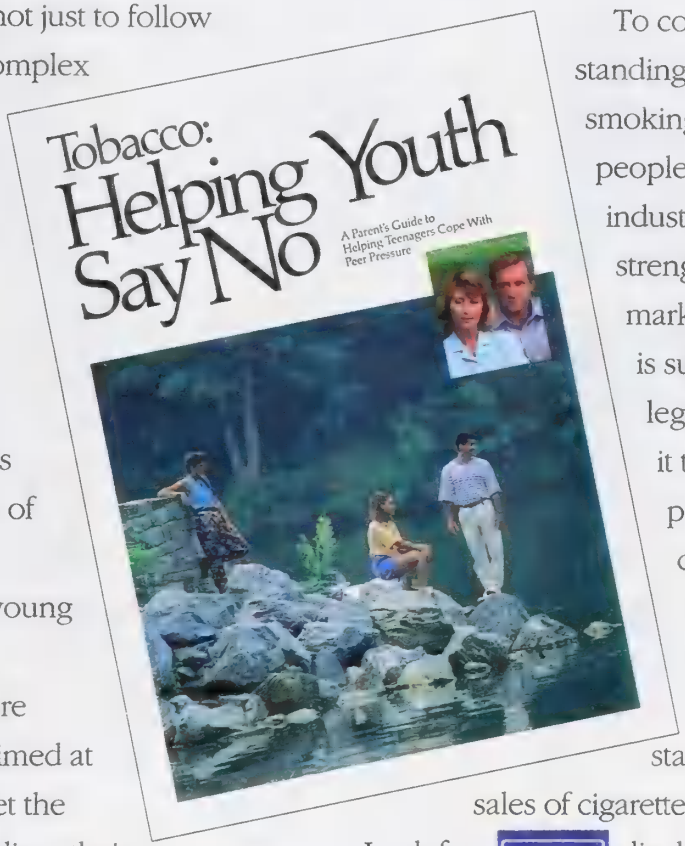
Unable to meet all *(continu*

SMOKING SHOULD NOT BE A PART OF GROWING UP

One of the most trying aspects of being a parent is encouraging your child to make the right choices—not just to follow along. In today's complex society, growing up involves more pressures and choices than ever before. Studies show that young people do things because their friends do. Smoking is one of those things.

We don't want young people to smoke.

That's why we are offering a booklet aimed at helping parents meet the challenge of providing their children with the tools to resist peer pressure. The booklet, "Tobacco: Helping Youth Say No," is the third in a series designed to keep parents and children communicating about important issues like smoking.



To continue its long-standing commitment that smoking is not for young people, the tobacco industry also has strengthened its marketing code and is supporting state legislation to make it tougher for young people to buy cigarettes. We are also working with retailers for strict compliance with state laws prohibiting sales of cigarettes to minors.

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THE LAST CHARGE
continued

the minimum payments on their cards, they would pay half of them one month, half the next. "But if you miss one, they want that *plus* the new payment next time," says Juanita. "Before we knew it, they were wanting $200 minimums."

The pressure mounted. By early 1990, they were getting half a dozen collection letters daily, and Juanita would field at least five calls a day from collectors. "I would literally cringe when the phone rang," she says.

To help out, Juanita found a job as a teller in a nearby bank; in July 1989, after eight months without a sale, Joseph had quit his real estate job and taken a second retail-sales position. Three months later, he began his new sales-manager position, but they still weren't able to keep up.

The stress took its toll, mentally and physically. The irritable Merandos began to fight more. Joseph suffered constant headaches and neck and back tension. He would lie awake at night worrying for hours. "The only thing that kept me going was my faith in God," he says.

By the time summer arrived, the Merandos were ready to give up. The minimum due on their credit cards was now several hundred dollars each. The couple considered filing for bankruptcy; ironically, they couldn't afford the necessary legal fees. "It was like being in a tunnel and seeing no light, no hope," Juanita remembers.

But hope *was* near. Juanita's brother had heard from a colleague about the work of the Consumer Credit Counseling Service, and he passed t information on to his sister. Soon aft the couple met with Peggy Scho manager of the local CCCS office.

Once Schott had sized up the co ple's $22,000 problem, the questi was how to solve it. "The Merand had a lot of debt," says Schott. "Ho ever, they had a fair amount of ear ing capability, a great deal of resourc fulness and a willingness to sacrifi It was pretty clear that if they we committed to this, they could prevai

After the initial consultation, Sch decided that they were prime can dates for the CCCS Debt Manageme Program. About one third of all CC clients use this program, which i volves intervention with the clien creditors; CCCS also provides budg counseling to those whose financi problems aren't as serious.

The Merandos' monthly minimu payments due on their cards came $1,311—far more than the $732 Sch determined they could afford aft meeting essential expenses. Under t program, Joseph and Juanita wou give the smaller amount each mon to CCCS, which in turn would distri ute the sum among the creditors. T family would also be required to tu over their cards to the organization.

CCCS informed the family's cred tors that the couple had sought cred counseling, then wrote a proposal as ing them to accept lower monthly pa ments. "Credit grantors would rath not have borrowers go bankrupt," e plains Schott, "and they'd rather ha some of their money than none of it

As Schott predicted, most of t creditors were willing to accommoda the Merandos. Many of the lende agreed to waive interest, and most n only waived late payment penalti but also accepted just one month minimum, rather than demanding a the payments in one lump sum.

Grateful for the opportunity to g back on their feet, the Merandos hav followed their budget and payme plan scrupulously, using careful pla ning—and a good deal of sacrificin "You'd be amazed at how often som thing is taken off and put back on t store shelf three times and then finall left," says Juanita.

Of their monthly fixed expenses, $5 goes toward an emergency fund ea marked for unexpected needs. Juanit sews clothes for herself and the girl so their monthly $30 clothing budg goes mostly for material.

Melisa and Christine seem to hav adjusted well to the family's strict re imen. "They realize that they must as only for things they really need," say Joseph. Adds Juanita, "The girl are definitely not spoiled. Very seldo

o they say to us, 'Can I have . . .?' "

Indeed, it's Joseph and Juanita who ıay find their willpower eroding as me goes on. With only $5 budgeted r entertainment, for instance, they ın't afford evenings out, and that ıay prove discouraging. "This is the ifficult time for them," says Schott. The initial enthusiasm may wear off."

Schott suggests that the Merandos ave off their feelings of deprivation y allowing themselves an occasional idicious splurge. "If they spend $50 ıstead of $75 on groceries one week, ıey might be able to afford a restau-ant meal," she says. "That could give ıem the charge to keep going." The ımily says they may try the idea, but ıey'd rather concentrate on becoming ebt-free for good.

Juanita rolls her eyes as she contem-lates the long road ahead. Debt-man-gement programs are usually de-gned to pay off all bills within two to ıree years, but how fast the Merandos ill clear their debts will depend on ıe decisions they have yet to make. s some cards are paid off, they can ther reduce the amount they give to CCS and pocket the extra money, or ntinue to pay the $732, thus putting ıore toward the remaining bills.

Once all their debts are settled, the lerandos should emerge with a clean slate, though their credit rating may still be shaky. Some potential lenders will look favorably on their participation in the CCCS program, but others may brand the Merandos as chronic late-payers—and such negative information can stay on a credit report for up to seven years.

For now, though, Joseph and Juanita are content to meet their commitments one day at a time. "We're still just getting by," Joseph says, "but we're very appreciative that CCCS has given us this opportunity."

The Merandos will think twice from now on before going for the instant gratification credit cards bring. They say they'll keep only one card, for extreme emergencies, when they're back on their feet again.

Juanita, in particular, has developed a strong dislike for plastic money. "I work in a bank, and we're encouraged to pass out credit-card applications," she says. "I find it very, very hard to do that now." ■

Charles E. Cohen is a former Money magazine staff writer who now writes for People magazine.

To find the Consumer Credit Counseling Service in your area, look in the phone book or call 800-388-CCCS on a touch-tone phone.

WHAT THEY EARN/WHAT THEY SPEND

ANNUAL HOUSEHOLD INCOME	
Gross:	$55,883
Net:	$40,236
FIXED MONTHLY EXPENSES	
Mortgage:	$820
Car payments/gas/ maintenance:	$733
Deposit to CCCS:	$732
Groceries:	$300
Insurance:	$270
Utilities:	$199
Home-equity loan:	$118
IRS repayment:	$75
Emergency fund:	$50
Clothing:	$30
Home repairs:	$11
Laundry:	$10
Entertainment:	$5
Annual total	$40,236
ASSETS	
Savings	$200
Value of home	$120,000
Total	$40,200
LIABILITIES	$104,500
Net worth	$15,700

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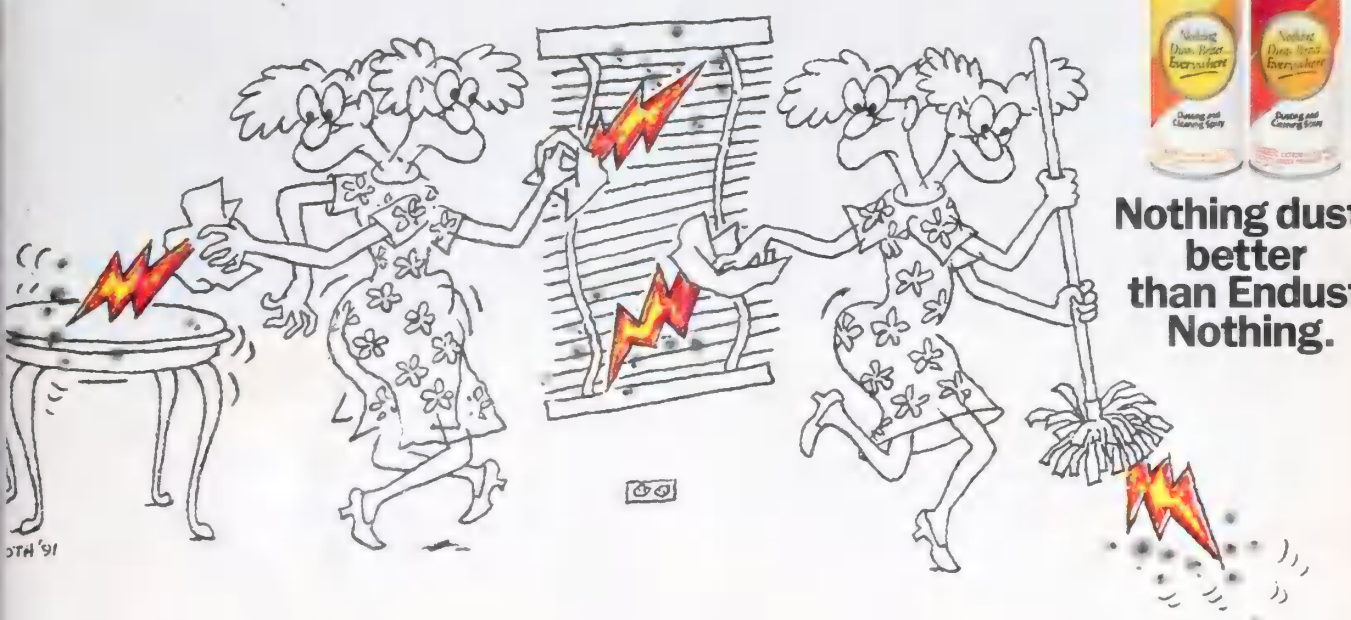

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DIANA

WHAT SHE'S LEARNED, WHAT SHE'S LOST

Ladies'
Home Journal
June
1991

Ten years ago, she was an awkward-but-adorable young beauty who married the prince of her dreams. Now she's an admirable-but-cool queen-in-waiting—and a dutiful, though disillusioned, wife. Here, on the eve of her tenth wedding anniversary and thirtieth birthday, is a candid look at the profound and sometimes painful changes in Diana's life.

By Susie Pearson

1981

During Operation Desert Storm, the younger members of Britain's royal family found themselves in the midst of another battle: the salvos of negative publicity that Fleet Street fired at them almost every day.

While British soldiers were risking their lives in the Persian Gulf, the tabloids scolded, Fergie was gallivanting around London with her gadabout friends—and one *especially* close companion, Texas oil heir Steve Wyatt. Fergie's husband, Prince Andrew, a naval officer, was said to seem more interested in golf than the Gulf. Prince Edward, who works for a London theater company, got uniformly bad reviews for failing to organize entertainment for the troops in the Middle East. One newspaper even twitted Prince Charles himself—for "taking up arms only to hunt birds."

Escaping unsullied from all the brouhaha was the Princess of Wales. She was widely praised for a well-publicized round of visits to British military bases, where she spoke comfortingly to soldiers' wives. Indeed, her performance was so well received that she came close to displacing the Queen *(continued)*

herself in a poll on the royals' conduct during the Gulf war.

Indeed, Diana's approval rating is so high that even her private life seems beyond criticism. Though her friendship with a dashing Desert Storm army major made headlines, the press merely clucked indulgently — and let it drop.

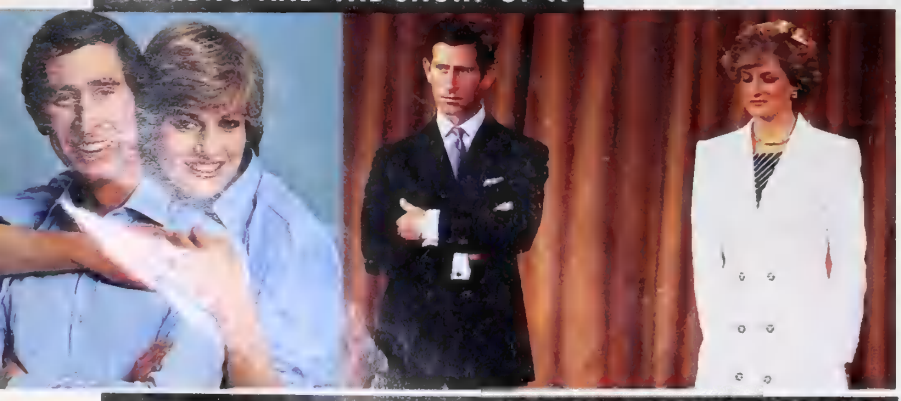
The adulation, the speculation, the nonstop photography: Such is the everyday lot of Diana, Princess of Wales. She was, after all, the first female superstar to shine worldwide, preceding even Madonna. Both are known instantly, anywhere, by their first names alone; both play out their lives in the paparazzi strobe light.

Diana's wedding, on July 29, 1981, was the first worldwide media spectacular. Millions watched the shy twenty-year-old wed the resplendent Prince of Wales in St. Paul's Cathedral, with all the pomp and circumstance at England's matchless command. It was, perhaps, the defining event of the eighties, a decade in which style so often trumped substance.

But now we're in the nice-nice nineties, when glamour is suspect and righteousness reigns. And once again, Diana has metamorphosed to suit the spirit of the day. Gone are the post-deb giggles and the penchant for Miss Piggy imitations.

FASHION VICTIM, FASHION STAR

THE LONG AND THE SHORT OF IT



HAPPILY ENGAGED . . . NOT-SO-HAPPILY MARRIED

Overnight, it seems, the Princess of Wales has become mature, settled, restrained—and very skillful indeed at what she does. Says Nigel Dempster, a veteran royal-watcher and London columnist, "She's definitely grown up in the last ten years . . . and with virtually no formal qualifications has proved enormously successful."

She has, in fact, become the prototype for a new, improved royal. Her bright approachability is as different from Queen Elizabeth's stuffy remoteness as the compact disc player is from the gramophone. It is Diana, Dempster predicts, who will finally "drag the monarchy into the twenty-first century."

Yet however modern Diana may be, her marriage follows the old monarchic mode: He pursues his own interests, she looks after the children, and they appear together only when decorum demands. The less-than-ideal union has both saddened and strengthened the Princess, leaving her, a friend says, "one of the most mature women of twenty-nine that I know."

That maturity was hard-won, though. Friends now say that Diana's nerves were nearly shattered by stress just five years ago. Burdened by her heavy public load and lacking the loving support of her husband, she had become so exhausted that she resorted to using over-the-counter caffeine pills to keep going. She cried easily and became faint several times on overseas tours. Says one friend, "She was at the end of her tether."

Finally, her worried parents and sister urged her to seek help. After visiting a few physicians, Diana learned to relieve her stress through techniques as varied as homeopathy (an alternative form of medicine long favored by the Windsors), aromatherapy, shiatsu massage and acupuncture.

Still, she has found no tonic that can help relieve the disillusionment. "Being a princess," Diana remarked recently, "isn't all it's cracked up to be."

Given the kind of woman Diana was when she wed, her difficulties may have been inevitable. "Diana was perfect for the job because of her age," says Dempster, "but ironically it is her age that has caused her marital problems."

She was sheltered, coltish and schoolgirlish, while Charles, twelve and a half years her senior, seemed middle-aged, a fussy dilettante whose exotic enthusiasms—ranging from organic farming to African mysticism—bordered on the eccentric.

But Diana didn't appear to notice. A *(continued on page 196)*

The Purex Wash Cycle.

he "Suffer-While-You-Swim" Look
circa 1957

These constricting suits re most often accompanied by those attractive, yet practical, swim caps.

The Traditional Two-Piece Bathing Suit
circa 1964

Seen on healthy young women playing beach blanket bingo. Bouffant was optional.

Halter Top and Cutoffs
circa 1973

Merely mentioning the word "halter" caused many a father's blood pressure to rise.

French-Cut Bathing Suit
circa 1982

Commonly sighted on the beaches of Rio, the Côte d'Azur and ools in Sioux City, Iowa.

The "I-Can't-Decide-On-A-One-Piece-or-Two-Piece-This-Year" Suit
circa 1989

For those indecisive types.

Over the years, trends have come and gone. But classics like the Purex name have always been a part of your family. Keeping your whites white. And your colors bright. All Temperature Purex® Detergent.

Because clean never goes out of style.

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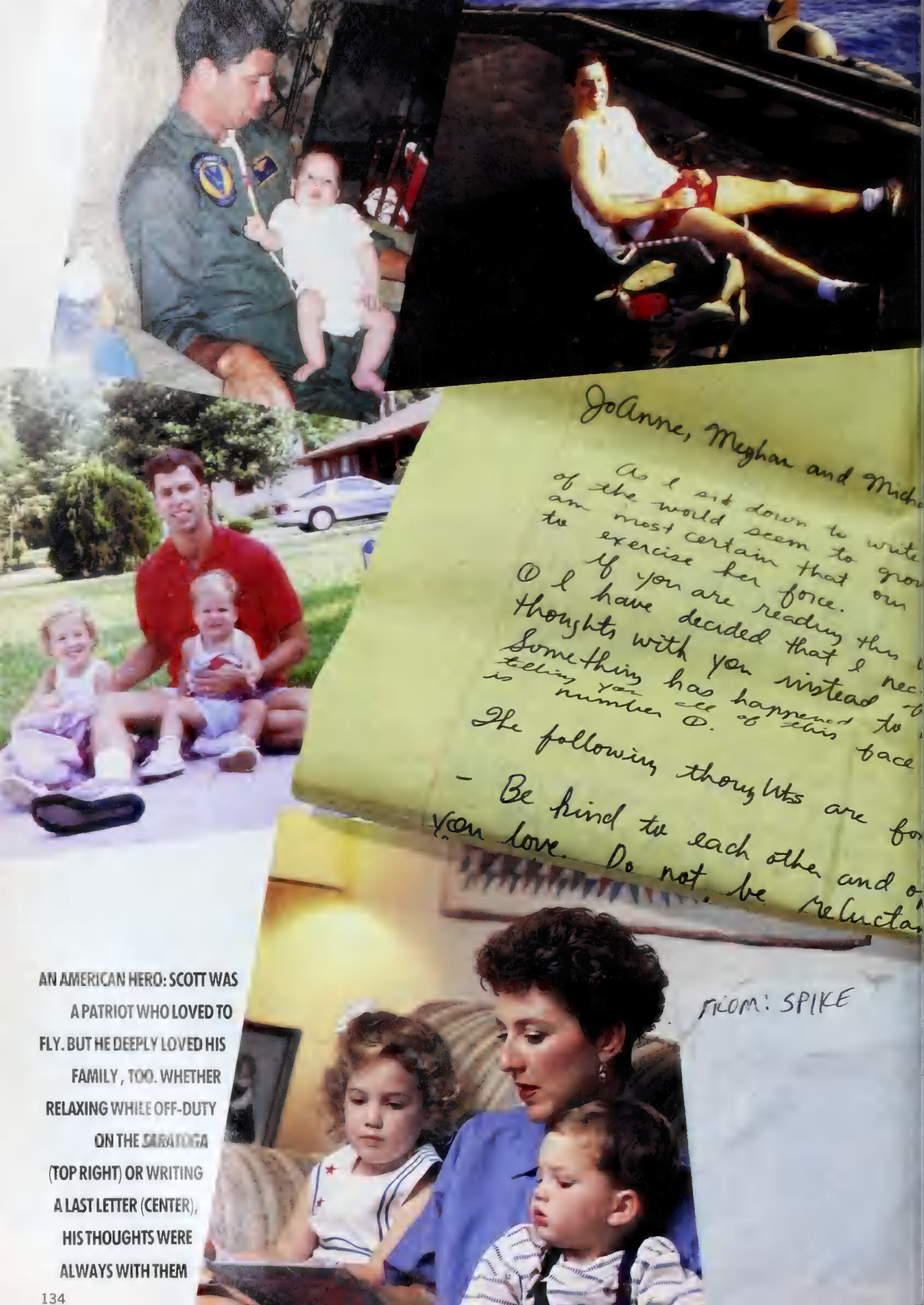
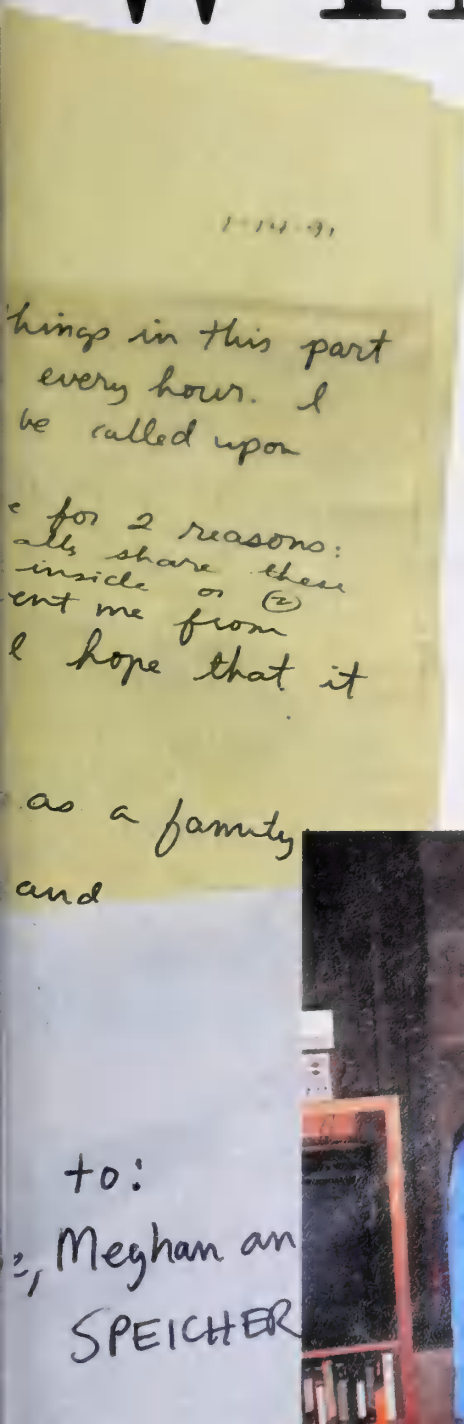


AN AMERICAN HERO: SCOTT WAS A PATRIOT WHO LOVED TO FLY. BUT HE DEEPLY LOVED HIS FAMILY, TOO. WHETHER RELAXING WHILE OFF-DUTY ON THE SARATOGA (TOP RIGHT) OR WRITING A LAST LETTER (CENTER), HIS THOUGHTS WERE ALWAYS WITH THEM

THE WINGS OF LOVE

LIKE MANY ANOTHER PILOT'S WIFE, JO-ANNE SPEICHER WAS TERRIFIED THAT HER HUSBAND WOULD DIE IN THE SKIES OVER THE GULF. BUT SHE BRUSHED ASIDE HER FEARS—UNTIL SHE HEARD THE TERRIBLE NEWS. HERE, THE MOVING STORY OF THE FIRST CASUALTY IN OPERATION DESERT STORM.

BY KATHRYN CASEY



JoAnne Speicher holds in her hands a thick brown envelope that still smells somewhat faintly of both sea air and jet fuel. "It's the way he used to smell when he came home," she says, taking a deep breath.

Inside the envelope are the personal effects of her husband, Scott, the first casualty of Operation Desert Storm: a red nylon wallet with his driver's license, credit card and pictures of their children, Meghan, four, and Michael, two; a slender gold wedding band; and a pair of gold aviator's wings.

"I think maybe Scott knew... like I did," JoAnne says, running her fingers gently over *(continued on page 197)*

FOR THE FIRST TIME, RESEARCHERS CAN MAKE MECHANICAL HANDS LIGHT ENOUGH FOR KIDS LIKE ERIN BOWTR, SIVEN (HERE WITH MOM, MAUREEN)

MEDICAL MIRACLES

A MECHANICAL HAND. A WIRED HEART. AN OPERATION THAT CHILLS A PATIENT TO SAVE HIS LIFE. AN AMAZING BABY-SAVING MACHINE. EVEN IN OUR HIGH-TECH AGE, THESE DISCOVERIES, AND OTHERS LIKE THEM, STAND OUT. HERE, FIVE AMAZING STORIES FROM THE FRONT LINES OF MEDICINE. BY ANN FERRAR

THE GIRL WITH THE ELECTRIC HAND

A trip to an Indianapolis K mart store in April 1989 changed the life of five-year-old Erin Bower forever. The pump toothpaste container she picked up from a shelf had been booby-trapped. Within seconds it exploded, tearing off her left hand at the *(continued)*

THANKS TO HIGH-TECH HEART SURGERY, VITA BARBER (WITH SON BILL, NINETEEN, AND DAUGHTER NINA, EIGHTEEN) CAN FINALLY GO SQUARE DANCING AGAIN

(continued) wrist. (No one has yet been arrested in the case.)

Doctors couldn't reattach her hand, and when the bandages were removed, the remaining stump frightened Erin into "the biggest fit of her life," recalls her mother, Maureen. Doctors recommended that Erin be fitted with a conventional prosthesis, a hook that the wearer operates by manipulating

Happy to be here: Frank Flanagan, who was put in a state of suspended animation, says he's now eager to help around the house

cables at the shoulder. Maureen winced at the thought. "A hook is so scary-looking for a child," she says.

Luckily, Tom Haslam, of Houston's Myoelectric Institute of America, read about Erin's case in the newspapers. His company, which manufactures amazingly lifelike, movable artificial hands, offered to fit her with one. Soon Erin and her mom were in Houston, where the child learned to use her new hand, which is made of plastic and covered with a flesh-tone latex glove.

The hand is attached to a sleeve that fits snugly on Erin's forearm; electric sensors that are inside and outside the sleeve pick up the electricity Erin's body generates. The sensors then run it through the components in her new hand, triggering the fingers to move. Before going to bed, Erin removes the hand and places it in a battery-recharging unit overnight.

Erin has become a whiz at using the prosthesis to assist her natural hand in tying her shoes, buttoning her coat, opening lids and doing other tasks.

Myoelectric hands have been used on adults for some time, but only recently have technological advances made the components light enough for children; Erin's hand weighs less than a pound. Still, myoelectrics are problematic for kids, mainly because they're expensive—about $12,500 each—and children outgrow them periodically. In addition, the latex gloves, which cost about $60 each, wear out; ink stains are permanent, and the hand—like any electric device—must not become wet.

For the Bowers, however, these problems are surmountable. Their insurance covers most of the costs, and Erin gets a new glove every month or two.

Finally, the effect Erin's new hand has had on her self-esteem cannot be measured in dollars. It has made the little girl feel whole again. Says Maureen, "Erin told me, 'Mom, I like this hand. If I could get my other one back, I'd take it, but this is second best.' "

Christopher Cardenas's parents refused to accept a life of disability for their son (top). Sammy Gutierrez was near death until doctors put him on the amazing baby-saving machine. Today, both boys are doing fine

THE BOY WITH TITANIUM RIBS

When Christopher Cardenas was born four years ago, it looked as if he would be hospital-bound, breathing only with the aid of a tracheotomy tube and a respirator. Chris, of San Antonio, Texas, was born with rib agenesis, a rare birth defect. He had no chest muscles on his right side, and seven right ribs were missing. As he grew, the lack of skeletal-muscle support caused his organs to shift; his right lung couldn't grow normally, and he developed curvature of the spine.

When Chris was six months old, health-care workers trained his mother, Monica, to operate the equipment he needed so he could live at home.

But Monica and her husband, Gus, refused to accept a life of disability for their child. They were finally referred to pediatric surgeons Robert Campbell and Melvin Smith, and Ricardo Pinero, a pediatric pulmonologist at Santa Rosa Children's Hospital, in San Antonio.

The physicians designed and fitted Chris with an artificial chest wall made of steel rods and a plastic sheath to act as a protective layer between the lungs and the ribs. This layer served the function of a membrane called the pleura, which reduces friction between the lungs and ribs.

The procedure enabled Chris to breathe well enough to come off the respirator for the first time, at the age of eight months, though he still needed the tracheotomy tube so excess lung fluid could be drained by means of a catheter.

Knowing that Chris would soon outgrow the chest wall and that installing a new one required major surgery, Campbell worked for a year with *(continued on page 200)*

Why is Benadryl the most prescribed children's allergy medication ever? Ask the medical community.

Any medical professional will tell you it's because Benadryl Elixir works. And now there's another reason for Benadryl's popularity—a new cherry flavor!

Benadryl Elixir is a great tasting way to stop the sneezing, the itchy eyes and the runny nose caused by allergies.

New Cherry Flavor!

rner-Lambert Co. Use as directed.

A TASTE FOR THE
Elegant
SUPER SLIM
LOW TAR 100's
CAPRI
CAPRI
CAPR
YOU'VE GOT A TASTE FOR STY
SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

STYLE

June is a month to . . . look terrific in ultra-chic, priced-right fashions you'll want to live in all summer . . . add a few new makeup shades for instant pretty . . . and join us for a peek inside a quaint riverside cottage that's the very essence of the easy life . . . Walk on the beach, smile at the sun and revel in the beginning of a very special season.

IT'S A BARGAIN!

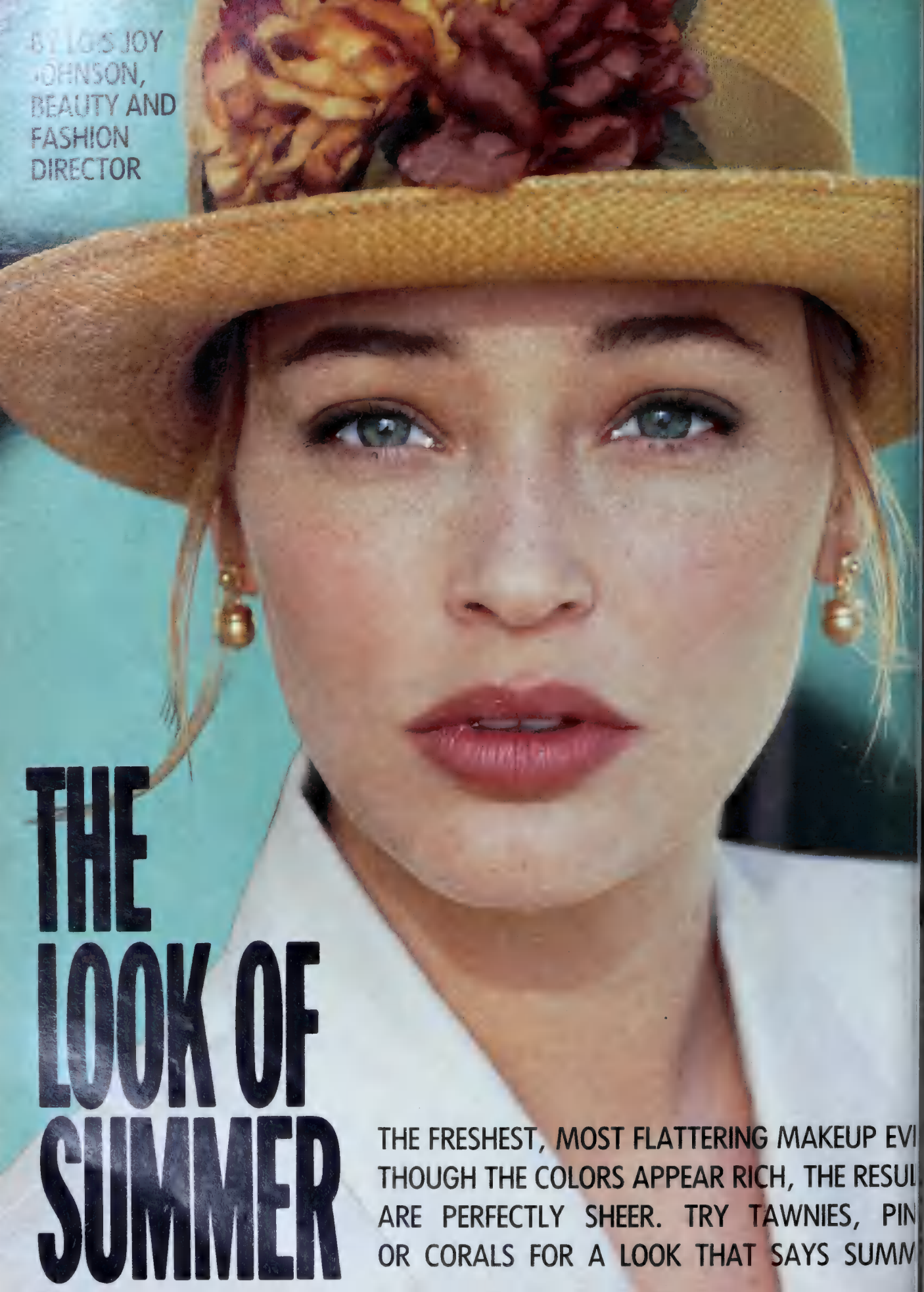
What do we think is a real fashion steal? Comfortable, priced-right, quality clothing that keeps pace with all the designer trends. Check out a few of our favorite finds—chic updates for your summer wardrobe

WANT MORE STYLE FOR your money? Set your sights on **BRIGHTS**. *This summer's top priorities—easy tees, polo shirts, cotton Shaker-knit sweaters—pack a punch in* **LIME GREEN** *and sizzle in* **TANGERINE**. *As for the bottom line, blooms are booming. Your best investments? Tailored shorts and Lycra-boosted leggings splashed with* **HOTHOUSE FLOWERS**. *Far left: tee, Lands' End; shorts, Ann Taylor; sunglasses, Alain Mikli; model, Melena Martz of Elite (with her son, Archie). Left: shirt and sweater, J. Crew; leggings, Tweeds; model, Lauren Helm of Click. All hair, John Keoni; all makeup, Deborah Howell—both for Cloutier. All photos by Paul Cox.*

$42
$68

A JOLT OF JAZZY COLOR isn't the only way to go this season. Other best-for-less style standouts are **EARTHY DELIGHTS**: *The easy charm of ankle-grazing gauzy skirts and* **LIGHT-AS-AIR** *linen tanks and trousers in* **SUMMER-SUNNY SHADES** *of gold, bronze and rust. We love these effortless looks with* **NATURAL** *accessories: big-buckled leather belts, leather sandals or flats, and snappy* **STRAW BOATERS**. *Add a pair of black or tortoiseshell sunglasses, and you've got it made in the shade. Far left: tank, Kiko; skirt, Perry Ellis America; belt, J. Crew; hat, Fred Hasson; sunglasses, Alain Mikli; earrings, Jamp; model, Valerie Busch of L.A. Models. Left: sweater and hat, Tweeds; trousers, Kiko; sandals, Unisa; sunglasses, Alain Mikli; earrings, Ayala Naphtali.*

BY LOIS JOY JOHNSON, BEAUTY AND FASHION DIRECTOR



THE LOOK OF SUMMER

THE FRESHEST, MOST FLATTERING MAKEUP EVI
THOUGH THE COLORS APPEAR RICH, THE RESUL
ARE PERFECTLY SHEER. TRY TAWNIES, PIN
OR CORALS FOR A LOOK THAT SAYS SUMM

Tawny

From spicy sienna lipsticks to golden honey blushers, tawny tones are ideal when you want a warm, natural look (especially if you shun the sun). More intense than last year's barely-there neutrals, the tawnies also offer the new surprise of shimmer—more fun for summer than matte and a great way to add sparkle by day or night. Shadows in mustard, khaki, salmon and sage bring eyes into fabulous focus. Jacket, Philippe Adec; hat, Fred Hasson; earrings, Erwin Pearl. Model, Clare Hoak of Click. All hair, John Keoni; all makeup, Deborah Howell—both for Cloutier.

Photos: Paul Cox; still lifes, Tohru Nakamura. Details, page 202.

pink

EVERYBODY LOOKS PRETTY IN PINK, BUT DON'T THINK PRISTINE OR PREPPY: THIS SEASON'S PALETTE OFFERS REAL SEX APPEAL. THE SOPHISTICATED SHADES RANGE FROM NAUGHTY NUDE PINKS TO SUBTLE ROSY TAUPES THAT NOT ONLY BRIGHTEN SALLOW SKIN BUT LOOK SENSATIONAL WITH ALL YOUR SUMMER CLOTHES (EVEN IF THERE'S NOT ONE PINK BLOUSE IN THE BUNCH). TWO MUST-HAVE PRODUCTS: VANILLA FACE POWDER AND WHITE LIPSTICK. WHEN WORN WITH PINK BLUSH AND LIPSTICK, THEY ADD A LUMINOUS GLOW TO PALE COMPLEXIONS OR TONE DOWN DARKER LIPS SO THE PINK HUES SHINE THROUGH. WHEN YOU'RE IN THE PINK, EMPHASIZE EYES WITH SOFT SMOKY GRAY SHADOW. BLOUSE, CARMELO POMODORO; EARRINGS, M & J SAVITT. MODEL, LARA HARRIS OF EAST WEST/PRIMA.

IF THE FOOTLOOSE-AND-FANCY-FREE FEELING OF SUMMER ISN'T ENOUGH TO MAKE YOU POSITIVELY GLOW, SUN-KISSED CORAL MAKEUP, WHICH IS MAKING A BIG COMEBACK, WILL. COLORS THAT RANGE FROM PALEST PEACH TO HOT APRICOT REALLY DO WORK FOR EVERYBODY—IN FACT, ORANGE-INFUSED LIPSTICKS INSTANTLY BRIGHTEN BLUE, GREEN AND BROWN EYES, ESPECIALLY WHEN LASHES ARE LUSHED UP WITH VIVID TINTS OF AMETHYST OR SAPPHIRE MASCARA AND LIDS ARE LINED WITH NAVY. IF YOU LOVE SHADOW, CHOOSE BRIGHT BLUES AND VIOLETS.

Coral

SHED YOUR WINTER RED LIPSTICK AND NAIL POLISH, AND SET YOUR SIGHTS ON CORAL FOR A STUNNING LOOK YOU'LL LOVE. DRESS, PATRICIA CLYNE; MODEL, MELANIE KREMSER OF CLICK.

THE LOOK OF SUMMER

THIS YEAR'S MAKEUP IS SO IRRESISTIBLE YOU MAY BE TEMPTED TO BUY EVERYTHING. TO HELP YOU SORT THROUGH IT ALL, WE DEVISED A CHART FOR HAIR COLOR AND SKIN TONE, SO YOUR CHOICES WILL BE IDEAL

hair color

	BLOND/PALE GRAY	BRUNET	RED	BLACK/STEEL GRAY	
tawny	Maybelline Moisture Whip Lipstick in Sugar Plum Ice Aziza Color & Care in Eco-Tints	Charles of the Ritz Powderful Lipstick in Grand Café Max Factor Visual Eyes Picture Perfect Shadow in Cafe au Lait	Maybelline Revitalizing Color Lipstick in Sultry Suede Maybelline Blooming Colors Eye Shadow in Willow	Cover Girl Continuous Color Lipstick in It's Your Mauve Ultima II The Nakeds Eyecolor #2	COOL
	Ultima II The Nakeds Lipchrome #1 Revlon Overtime Shadow in Naturals	Clarion Lasting Color Lipstick in Delicate Peach Revlon Overtime Shadow in Foliage	Maybelline Moisture Whip Lipstick in Golden Sienna Cover Girl Pro-Colors Shadow in Autumn Haze	Revlon Super Lustrous Lipcolor in Nude Aziza Contact Lens Eyecolor in Pure Taupe Frost	WARM
pink	L'Oréal Colour Supreme Lipstick in Crystal Pink Cover Girl Pro-Colors Shadow in Grey Suede	Revlon Color Memory Velvet Matte Lipstick in Velour Violet Cover Girl Pro-Colors Shadow in Classic Navy	Ultima II Lipchrome in Soft Focus Lancôme Maquiglacé Liner Lumineuse in Jet Blue	Revlon Color Memory Lipstick in Pinkish Aziza Color Series in Royal Velvet	COOL
	Maybelline Moisture Whip Lipstick in Riviera Pink Maybelline Blooming Colors Eye Shadow in London Fog	L'Oréal Colour Supreme Lipstick in Classic Pink Lancôme Le Crayon Waterproof Creme EyeColour in Pacifique	Coty '24' Creme Lipstick in Coral Pink L'Oréal Couleur! Couleur! in Bleu Douceur Colours	Coty '24' Creme Lipstick in Lasting Pink L'Oréal Couleur! Couleur! in Violette Plum Colours	WARM
coral	Mary Kay Countryside Colors Waterproof Lip Color Crayon in Tea Rose Yves Saint Laurent Eye Shadow Powder Duo #101	L'Oréal Creme Riche Lipstick in Poppy Guerlain Ombre et Couleur Powder Eyeshadow Duo in Bleu Danube & Lilas	Coty '24' Creme Lipstick in Pure Strawberry Lancôme Maquiriche CremePowder EyeColour Duet in Pêche/Raisin	Maybelline Moisture Whip Lipstick in Sun Kissed Melon Clinique Daily Eye Treat in Violet Light	COOL
	Max Factor Maxi Soft Lustre Long Lasting Lipstick in Sunwashed Coral Clinique Supermascara in Supernavy	Elizabeth Arden Luxury Lipstick in Mango Yves Saint Laurent Conditioning Mascara #4	Prescriptives Rouge for Lips in Orange Pop Aziza Perfect Performing Penliner in Perfect Navy	Revlon Moon Drops Lipstick in Hot Coral Avon Lots O'Lash in Sapphire	WARM

ADJUST YOUR HAIR TO BEAUTIFUL.

FINESSE CONDITIONER SELF-ADJUSTS. EVERY TIME.

Never over-conditions. Never under-conditions. And it's oil-free. Your hair always gets the perfect conditioning. So you always get perfect hair.

METIMES YOU NEED A LITTLE FINESSE® SOMETIMES YOU NEED A LOT

HAVE YOU EVER DREAMED OF OWNING A QUIET HOUSE DOWN BY THE RIVER? WE FOUND ONE COUPLE WHO SEARCHED FAR AND WIDE AND FINALLY FOUND THE PERFECT WEEKEND RETREAT WHERE THEY CAN RELAX AND ENJOY THE SIMPLE PLEASURES OF COUNTRY LIFE

DIARY OF A DREAM HOUSE

Debrah Donahue and Bob Rock have demanding free-lance careers: She's a prop stylist (it's her job to scout out the perfect antiques and accessories for magazine photos), and he's a photographer. Though they enjoy their fast-paced big-city life, the couple have always dreamed of owning a country place where they could escape on the weekends and whenever else their erratic schedules allowed. They knew they wanted a simple house with a river view, and after two years of hunting they discovered the perfect rustic town along the Delaware River, where Debrah could indulge in her favorite hobby, antiquing, and Bob could ride his bicycle for miles on the open roads. But when they found their future house, it wasn't *quite* love at first sight.

Though Bob saw potential, Debrah was skeptical. "Both the interior and the exterior needed so much work—it looked like the Addams family house!" Debrah recalls. "And the property was so overgrown with forsythia that a neighbor told me she never even knew there was a house there."

Still, the place had its charm. Debrah was won over by the original front door from the 1700s and the oversize fireplace in the dining room. And they both fell for the wide-plank floors and, of *(continued)*

DEBRAH AND BOB'S NEW COUNTRY-CASUAL LIVING ROOM MAKES THE PERFECT SHOWCASE FOR THEIR SPARE WOOD FURNISHINGS, ANTIQUE QUILTS AND COLLECTION OF BIRDHOUSES

Photos: after, Jeff McNamara; before, Bob Rock. Hooked rugs and wall hangings, Art Underfoot, Inc.; textile pillows, Mary Jane McCarty Antiques; needlepoint pillow (in basket) and antique birdcage, ABC Carpet & Home

(continued) course, the river view.

The house, then owned by contractors, was about to be renovated. Debrah and Bob discussed the planned improvements with the contractors and were told that they could wait until the work was well under way before making a decision to buy. But even then they suspected the house would one day be the getaway they'd always wanted.

DEBRAH AND BOB KEPT THE KITCHEN (BELOW) OPEN AND RELAXED. "WE WANTED GUESTS TO BE ABLE TO GO IN AND MAKE THEIR OWN COFFEE IN THE MORNING IF THEY GOT UP FIRST," SAYS DEBRAH. TRACK LIGHTING BRIGHTENS THE ROOM, AND THE PANTRY PROVIDES EXTRA STORAGE

JUNE 1988

Renovation! The crumbling stucco was stripped from the exterior to reveal the fieldstone underneath; inside, the walls got a fresh coat of paint in traditional Colonial colors, and the floors were refinished. In the attic, the cracked walls were patched up, and throughout the house closets and built-in cupboards were added. A brick terrace was created for the front of the house.

"We kept making weekend trips from the city to inspect the progress," says Debrah, who was pleased that the contractors took care to maintain the authenticity of the house (which included leaving the front door and old-fashioned floors intact). "Finally, the house was perfect *(continued)*

Rag rug, Art Underfoot, Inc.; cooktop oven and range hood, Jenn-Air; Blancotec sink and spray faucet, Blanco; dough bowl, ABC Carpet & Home; wooden salad bowl, Star & Cross Art and Antiques; track lighting, Lightolier; terra-cotta floor in pantry, Country Floors, Inc.; hood and stove cabinet, Philip Andrews.

THE SIMPLE DINING ROOM (LEFT), MEANT TO BE USED EVERY DAY, IS ANYTHING BUT FORMAL. AND WHO WOULD GUESS THAT THE MASTER BEDROOM (BELOW) WAS ONCE A DILAPIDATED ATTIC?

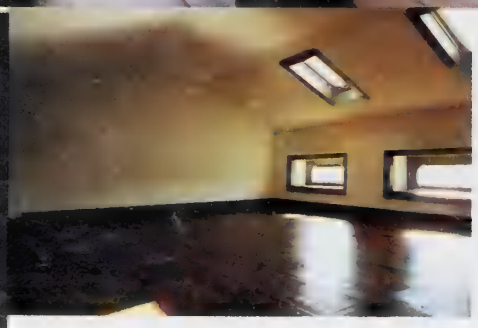
Dining room: chandelier and candlestick, Gerald Biresch Blacksmith; braided rug, Art Underfoot, Inc. Master bedroom: floral hooked rug (left side of bed), American Hurrah; checkerboard, quilts and hooked rug (in foreground), child's red rocking chair, Star & Cross Art and Antiques; hooked rug (right of bed), Art Underfoot, Inc.; pillows on bed, rocking chair, ABC Carpet & Home.

(continued) and just what we had hoped for all along."

DECEMBER 1988

"It's ours!" With the renovations completed, Debrah and Bob signed on the dotted line. The next step was to give the house personality. In went the country-style furniture they'd been collecting over the years, including Debrah's collection of antiques and knickknacks. "I take a lot of pride in the pieces we've unearthed," says Debrah, "but I want to keep the look simple and comfortable." A wooden chest and round side table, a couple of Adirondack chairs and a few colorful quilts bought at an antiques show made the living room instantly cozy.

THE KITCHEN AND THE "NORMAN BATES ROOM" (DEBRAH'S NAME FOR THE ATTIC-TURNED-MASTER BEDROOM) GET FACE-LIFTS



The expansive attic, now brightened by skylights, had undergone such a stunning transformation that they decided to make it their master bedroom. Debrah added warmth with her treasury of wicker baskets and trunks. And Bob found a home for *his* most prized possession—his bicycle—in the screened porch off the kitchen, which Debrah decorated with herbs and dried flowers.

Just in time for Christmas, Bob found a working fridge from the thirties—the kind with legs on the bottom and a motor on top—at an antiques sale. Not only did it make the perfect gift for Debrah, it gave the kitchen just the right old-fashioned look. Slowly, their little old house was becoming an inviting home.

MAY 1989

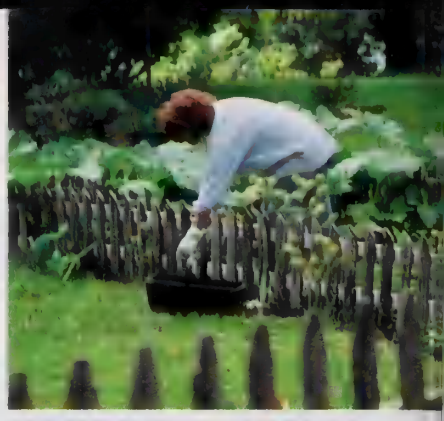
"Weeding, weeding, weeding." Unfortunately, this is how they spent most of the spring. Once the yard was cleaned up and the forsythia cleared away, all that remained was dirt. No matter—Bob planted a lawn and added a picket fence that completed the storybook look.

Next, city girl Debrah decided to try her hand (or green thumb!) at gardening, and she created a random English-garden look by planting rhododendron bushes and flowers such as hyacinth, daffodils and crocuses. Despite a few mistakes—like planting strawberry plants in the shade—Debrah adored her new hobby.

One more flea-market outing yielded an ancient sink in perfect condition. They carted it to the country, cleaned it up and installed it in the pantry. "It looks like it's always been there," says Debrah.

JULY 1989

Escape from the city! Debrah and Bob had a great summer sharing their place with friends whom they invited over for weekend barbecues on the patio. Bob made cycling friends through the local bike shop, and Debrah hit the local antiques stores with the other "bike widows."



"I'VE GROWN TO LOVE GARDENING," SAYS DEBRAH. "IT'S GOOD THERAPY"

FEBRUARY 1990

During the winter, Debrah spent her free time sewing curtains, using mostly cotton and lace to give the house a light and airy feel. Bob braved the cold to install much-needed outdoor lighting. They finally finished decorating the guest rooms on the second floor with country quilts, antique pillows, maritime wall hangings, and wooden decoys on the window seats.

JUNE 1990

Debrah, now a gardening pro, tackled a perennial flower bed. And her new hobby fueled yet another interest—collecting watering cans. Two years from first sighting, the dream house was finished . . . well, sort of. There will always be more yard sales to comb and bargains to find. "I don't think it will ever be finished," Debrah says with a smile. —MARIANNE WAIT

Teak outdoor furniture from the Brandywine Collection, Windsor Designs, Ltd.; antique pillows, Mary Jane McCarty Antiques.

FRIENDS GATHER TO ENJOY A DRINK AND THE RIVER BREEZE ON THE PATIO

ıe New Kenmore Ultra Wash II™ Cleans So Well You'll Be Sorry It's Just A Dishwasher.

\merica's Best Dishwashing System ust Got Better.

Dishes yes. Cars we have trouble with.

But once you have the new Ultra Wash II,™ ou'll wish you could wash every dirty thing as well s your dishes. Because they'll be cleaned by the est dishwashing system in America.

A system that includes a powerful 3 level vash and an option that can heat water to a grease issolving temperature. Even a soil separator that leans the water as it cleans the dishes.

Wrap it all up in a special sound barrier and ou'll barely hear a thing.

Cleanest Dishes, Guaranteed.

If you don't agree that these are the cleanest dishes around, we'll take back the dishwasher, refund your money, and give you $25 on top of that for your trouble.

Who knows, maybe we'll develop a car wash next year. Of course that, too, would be available only at Sears.

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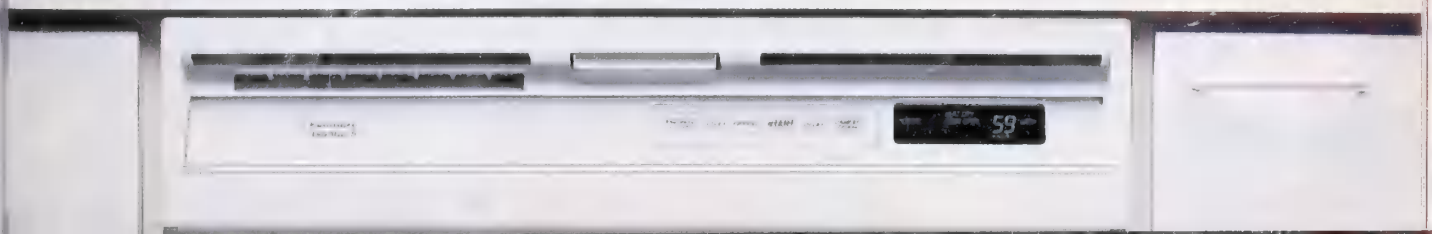
Sears, Roebuck and Co. 1991



MINUTE®

ORIGINAL INSTANT RICE

BBQ CHICKEN AND RICE

- 2½ pounds chicken pieces
- 2 tablespoons oil
- 1¾ cups barbecue sauce
- ⅔ cup water
- 1½ cups Original MINUTE® Rice
- 1 cup sweet corn
- Garnish: Green and red peppers as desired.

- Brown chicken in hot oil in large skillet.
- Stir in barbecue sauce and water. Cover; cook over medium-low heat 20 minutes, or until tender.
- Stir in rice and corn. Cover; reduce heat and simmer 5 minutes.

Makes 4 servings.

FAST, EASY AND ALWAYS DELICIOUS.

RICE-IPES

FOOD JOURNAL

SUPER SUMMER PARTIES

ENTERTAINING MADE EASY
WITH PERFECT MENUS AND SMART TIPS
FROM TWO TERRIFIC COOKS

A PIECE OF CAKE

KNOCKOUT DESSERTS THAT
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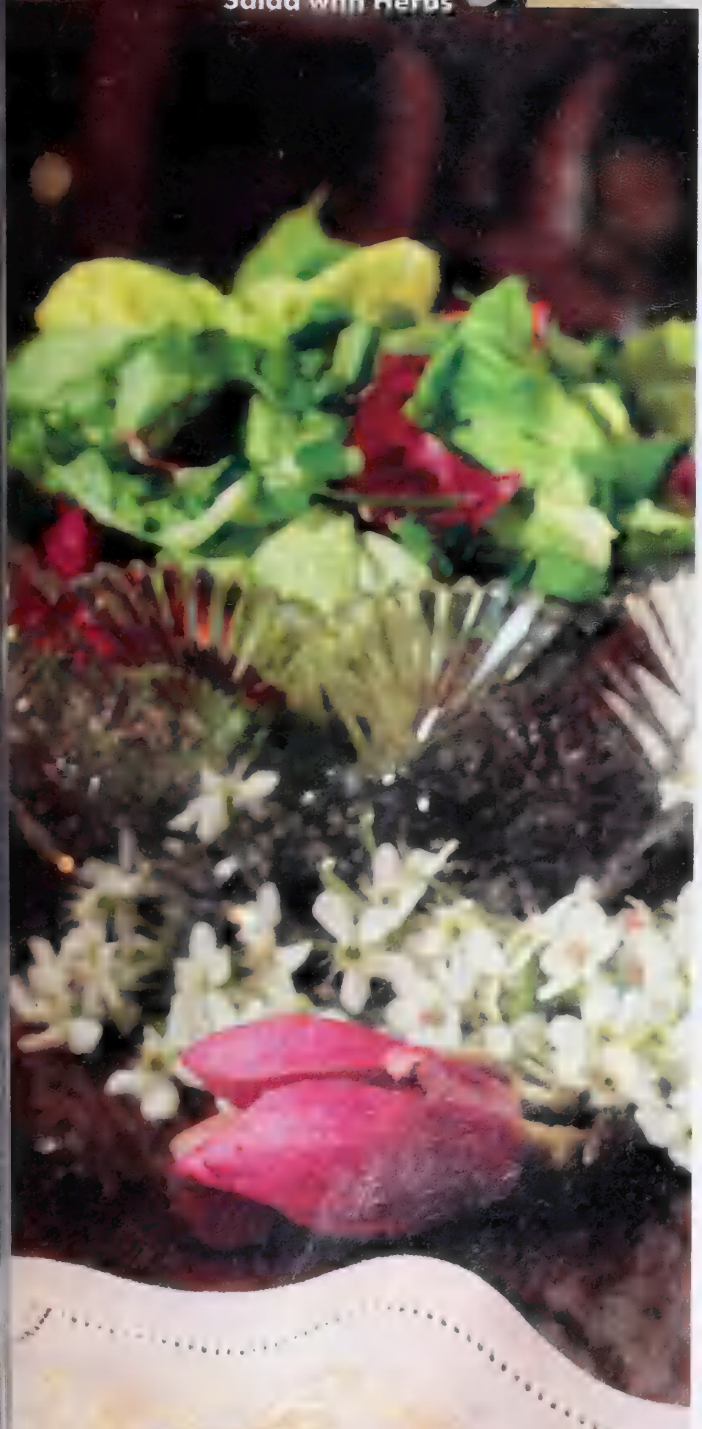
Grilled Herbed Pork Loin, Rice Salad with Pecans, Zucchini-Leek Sauté, Tossed Green Salad with Herbs



TWO GREAT COOKS SHARE THEIR WINNING RECIPES AND A FEW FOOLPROOF SECRETS FOR CELEBRATING THE SEASON IN HIGH STYLE

SUPER SUMMER PARTIES

When it comes to elegant entertaining, Susan Curforty-four, of Birmingham, Alabama, simply relies on old-fashioned Southern hospitality. When she and her husband, Tom, moved back to the South twelve years ago, entertaining was "a great way to get to know people," says Susan, who has always loved to cook.

Susan's favorite get-togethers are sit-down dinners for eight that give friends the opportunity to talk far into the night. Susan has learned that party giving doesn't have to be intimidating. In fact, the best way to make people feel comfortable at a party is for you to have fun giving it. "There's no reason to be

(continued on page 166)

Photo: Rita Maas; prop stylist, Susan Byrnes; food stylist, Dora Jonassen.

SUPER SUMMER PARTIES

Barbecued Salmon, Crab-Stuffed Potatoes, Stir-Fried Asparagus, Spinach Salad, Parmesan Garlic Bread

I remember being scared to death the first time I gave a party," says Jayne Carroll, forty, of Portland, Oregon, a former public-relations executive. She and her husband, Lee, a lawyer, host many events for friends and business associates.

What's so special about Jayne's affairs? Simply put, they're *fun.* Most of her parties feature themes or some form of entertainment. "Just standing around with hors d'oeuvres and drinks doesn't seem festive enough," says Jayne. She once hired a roving photographer to snap pics of each guest that she placed in a homemade frame, for a wonderful memento of the evening.

Jayne keeps the atmosphere looking festive, too. Her creative touches include decorative nametags, which are often a welcome relief to guests. She dresses up the buffet table by placing mirrors underneath flowers and candles. And Jayne even comes through with party favors, from mini desserts that she wraps ahead of time to beribboned nosegays.

Athough Jayne's parties seem effortless to guests, they are carefully planned—especially the menu. Jayne has developed recipes for more than ten entrées—from the barbecued salmon she shared with the *Journal* to an array of Mexican and Italian dishes—that she cooks on a regular basis and can count on to turn out well.

Other tips for a no-fail buffet dinner:

- Keep a list of the dishes you're preparing, and check them off as you serve them.
- To keep the buffet line moving, divide each recipe into two serving dishes and place on either end of the table.
- Wrap utensils in bright-colored napkins and place at the end of the line to keep guests' hands free for filling their plates.
- Have a cart near the buffet for people to place their drinks on while serving themselves.
- Put hot food out at the last minute. For a more personal touch, Jayne serves the main entrée herself at the buffet table.

"If you're organized," says Jayne, "your guests will feel more pampered."

Photo: Mark Thomas; prop stylist, Nancy Mickiin; food stylist, A.J. Battifarano; small photo, Rick Rappaport/Black Star.

Above: Being part owners of Bottega, a local Italian restaurant, gave Susan and Tom the opportunity to learn about wines. They serve a vintage from their own wine cellar and host mini wine tastings. Right: Carrot Soup with Herbs

(continued from page 163) nervous," says Susan. "After all, these are your friends."

To keep the mood relaxed, Susan sets a table that combines the formal with the casual, beginning with a country-style floral centerpiece that's low enough so people can see each other. She adds flair to the traditional white linen tablecloth, polished silver and crystal wineglasses with offbeat pink and yellow French-provincial print napkins.

The balance of formal and informal extends to the meal as well. Susan likes to treat guests to simple down-home entrées (like her grilled pork loin on page 170) that are a snap to make and always a hit with guests.

But no matter what you cook for dinner, says Susan, be sure to serve a knockout dessert, because that's what guests tend to remember. Susan always bakes a variety of goodies—from her house specialty, Gateau au Chocolat with Raspberries, to fresh fruit tarts—so everyone goes home happy.

More surefire tips for a successful party:

- Set out plates of hors d'oeuvres in strategic locations before guests arrive.
- To make sure the meal gets to the table hot, fill the plates in the kitchen yourself, then bring them to the table. Side dishes served cold or at room temperature can be brought out before everyone sits down. If you plan to serve several hot courses, consider hiring a neighborhood teen to help out.
- Arrange desserts on a buffet table (instead of on individual dessert plates) so guests feel free to pick and choose.

Susan makes the most of fresh fruits with desserts like her Peach Tart with Crème Fraîche and Gateau au Chocolat with Raspberries

SUSAN CURTIN'S MENU FOR EIGHT

Carrot Soup with Herbs
Grilled Herbed Pork Loin
Zucchini-Leek Sauté
Rice Salad with Pecans
Tossed green salad with herbs and white-wine vinaigrette
Selection of wines (such as Côtes du Rhone and Côte Rotie)
Peach Tarts with Crème Fraîche
Gateau au Chocolat with Raspberries
Bonny Doon Vin de Glacière Muscat
Coffee, tea

All recipes pictured on pages 162 to 165

Easy · Moderate · Challenging · (M) Microwave

SCHEDULE

2 weeks ahead:
1. Make and freeze Gateau au Chocolat.
2. Make and freeze pastry for tarts.

2 days ahead:
Make Crème Fraîche.

1 day ahead:
1. Prepare carrot soup.
2. Make rice salad.
3. Rub pork with herbs; cover and refrigerate.
4. Transfer cake to refrigerator.

Morning of party:
1. Make Zucchini-Leek Sauté up to baking stage.
2. Bake peach tarts.

2½ hours before:
Remove pork from refrigerator.

2 hours before:
1. Prepare grill or preheat oven.
2. Remove cake from refrigerator.

1½ hours before: *(continued)*

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SUMMER PARTIES

Scattered

1. Remove Zucchini-Leek Sauté from refrigerator.
2. Start grilling or roasting pork.

1 hour before:

Remove rice salad from refrigerator and add remaining ingredients.

30 minutes before:

1. Reheat carrot soup.
2. Bake Zucchini-Leek Sauté.

Just before serving:

Garnish cake.

CARROT SOUP WITH HERBS

The velvety texture of this soup comes from adding potato rather than cream. Guests can swirl in an extra spoonful of yogurt if they like it a little more tangy.

Prep time: 30 minutes ○
Cooking time: 45 minutes

- 2 tablespoons vegetable oil
- 1 cup chopped onions
- 2 pounds carrots, chopped (5 cups)
- 1 cup chopped celery
- 2 teaspoons minced garlic
- 2 cans (14½ oz. each) chicken broth
- 4 cups water
- 1 cup peeled, diced all-purpose potato
- ¾ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ teaspoon thyme
- Chervil sprigs, for garnish
- ½ cup plain low-fat yogurt

Heat oil in large saucepot over medium heat. Add onions and cook until translucent, 3 minutes. Stir in carrots and celery; cook 10 minutes more. Stir in garlic and cook 30 seconds. Add chicken broth, water, potato, salt, pepper and thyme. Bring to boil, reduce heat and simmer uncovered 30 minutes. Cool slightly. Puree in blender in batches. *(Can be made ahead. Cool completely. Cover and refrigerate up to 24 hours. Reheat covered in saucepot, stirring occasionally, until hot, 20 minutes.)* Ladle soup into bowls and garnish each with fresh chervil and a dollop of yogurt. Makes 8 servings.

Per serving: With yogurt, 130 calories, 3 gm protein, 5 gm fat, 19 gm carbohydrates, 782 mg sodium, 1 mg cholesterol.

GRILLED HERBED PORK LOIN

Susan's family likes to make sandwiches with the leftovers.

Prep time: 15 minutes ○
Cooking time: 60 to 70 minutes

- ¼ cup olive oil
- 2 tablespoons minced garlic
- 1 tablespoon minced fresh rosemary or 1 teaspoon dried
- 1 tablespoon minced fresh thyme or 1 teaspoon dried
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- ¼ teaspoon allspice
- 4 pounds boneless pork loin, tied

Combine oil and seasonings in small bowl. Rub over pork. *(Can be made ahead. Wrap and refrigerate up to 24 hours.)*

Prepare covered grill for indirect cooking or preheat oven to 375°F.

To grill: Arrange 40 charcoal briquettes in grill; open vents and ignite. When white ash begins to form on coals, place half at 2 opposite sides of grill. Place disposable foil roasting pan across center of grill. Place pork loin on grill above roasting pan. Cook, turning every 15 minutes, until thermometer inserted in thickest part reaches 160°F. and juices run clear when meat is pierced, about 60 to 70 minutes.

To roast: Heat 1 tablespoon olive oil in roasting pan over high heat. Add pork and cook until browned on all sides, 5 minutes. Transfer to oven and roast until meat thermometer inserted in thickest part reaches 160°F. and juices run clear, about 60 to 70 minutes.

Let pork stand at least 10 minutes before slicing. Serve warm or at room temperature. Makes 8 to 10 servings.

Per 3-ounce serving: 305 calories, 25 gm protein, 22 gm fat, 0 gm carbohydrates, 142 mg sodium, 88 mg cholesterol.

ZUCCHINI-LEEK SAUTÉ

The zucchini and yellow squash of early summer are still small and sweet. The leeks and lemon peel add elegant taste.

Prep time: 30 minutes ○
Cooking time: 15 minutes

- 4 teaspoons butter or margarine
- 4 teaspoons olive oil
- 3 large leeks, white part only (1½ lb.), sliced thin
- 4 medium zucchini (2 lb.), sliced ¼-inch thick
- 2 medium yellow squash (1½ lb.), sliced ¼-inch thick
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 teaspoon grated lemon peel

Heat 2 teaspoons butter and 2 teaspoons oil in each of 2 large skillets over medium-high heat. Add half the leeks to each skillet and cook until tender, 4 minutes. Add half the zucchini and yellow squash to each skillet; cook, stirring occasionally, until tender-crisp, 5 minutes more. Toss with salt, pepper and lemon peel. Transfer to shallow 3-quart baking dish. *(Can be made ahead. Cover and refrigerate up to 5 hours. Remove from refrigerator 1 hour before baking.)* Bake in preheated 375°F. oven 15 minutes or until heated through. Makes 8 servings.

Per serving: 90 calories, 3 gm protein, 5 gm fat, 12 gm carbohydrates, 169 mg sodium, 5 mg cholesterol.

RICE SALAD WITH PECANS

Susan loves to add Southern touches to her menus, and what could be more Southern than rice and pecans?

Prep time: 30 minutes plus cooling
Cooking time: 20 minutes

- 2 cups uncooked long-grain rice
- ⅓ cup olive oil
- ¼ cup red wine vinegar
- 2 teaspoons grated orange peel
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- ⅔ cup chopped fresh parsley
- ⅔ cup chopped toasted pecans
- ½ cup thinly sliced green onions

Cook rice according to package directions, with salt and water only. Meanwhile, whisk oil, vinegar, orange peel, salt and pepper together in large bowl. Add hot rice and toss. Cool to room temperature. *(Can be made ahead. Cover and refrigerate up to 24 hours. Remove from refrigerator 1 hour before serving.)* Add remaining ingredients and toss to combine, fluffing and separating grains with fork. Makes 8 cups.

Per ½ cup: 155 calories, 2 gm protein, 8 gm fat, 20 g carbohydrates, 71 mg sodium, 0 mg cholesterol.

PEACH TARTS WITH CRÈME FRAÎCHE

These tarts are so good with luscious peaches in season. The food-processor crust makes rolling out the pastry easier.

Prep time: 1½ hours plus standing and chilling ◒
Baking time: 25 minutes

Crème Fraîche
- 1 cup sour cream
- 1 cup heavy or whipping cream

Pastry
- 3 cups all-purpose flour
- 1 tablespoon sugar
- ½ teaspoon salt
- ¾ cup cold unsalted butter, cut up
- ¼ cup shortening
- 6 to 9 tablespoons ice water

- 6 peaches
- 1 tablespoon fresh lemon juice
- 8 tablespoons sugar, divided
- 8 teaspoons unsalted butter, cut up
- ¼ cup peach or apricot preserves

Crème Fraîche: Place sour cream and heavy cream in glass jar and stir until smooth. Cover and let stand at room temperature 8 to 12 hours. Stir again and refrigerate 24 hours. Makes 2 cups.

Pastry: Combine flour, sugar and salt in food processor; pulse to blend. Add butter and shortening; process until mixture resembles coarse crumbs. Add water tablespoon at a time, pulsing, until mixture is moist enough to hold together. Shape into ball, cover with plastic wrap and flatten into disk. Chill 1 hour.

Cut pastry into 8 equal wedges. Between 2 sheets of wax *(continued)*

Taste

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paper, roll each wedge into 7-inch circle. Using saucer or saucepan lid as a guide, trim each into 6-inch circle. Stack between sheets of wax paper and refrigerate until ready to use. *(Can be made ahead. Wrap and freeze up to 2 weeks. Transfer to refrigerator to thaw 2 hours before using.)*

Preheat oven to 425°F. Heat small saucepan of water to boiling. Add peaches one at a time and cook 20 seconds; remove. Peel peaches and slice into thin wedges. Toss with lemon juice in large bowl.

Line each of 2 cookie sheets with foil, turning edges up to form 1-inch-high rim. Place pastry circles on prepared pans. Brush edge of each circle with water and fold in edges to form ½-inch-wide rim; flute edges. Arrange peaches decoratively on each pastry circle. Sprinkle each tart with 1 tablespoon sugar and dot each with 1 teaspoon butter. Bake 25 minutes or until fruit is bubbly and pastry is golden, switching pans halfway through. Immediately transfer to wire racks to cool.

Place preserves in small microwave-proof dish. Microwave on High 1 minute or until melted. Strain through sieve and brush over tarts. Serve with Crème Fraîche. Makes 8 tarts.

Per tart: With 1 tablespoon crème fraîche, 580 calories, 6 gm protein, 32 gm fat, 68 gm carbohydrates, 148 mg sodium, 70 mg cholesterol.

GATEAU AU CHOCOLAT WITH RASPBERRIES

This cake is Susan's signature dessert. She learned it from a pastry chef in France, who shared his unusual secret for enhancing the flavor of chocolate—tomato juice!

Prep time: 15 minutes plus cooling ○
Baking time: 15 minutes

- 8 ounces milk chocolate
- 8 squares (8 oz.) semisweet chocolate
- ½ cup unsalted butter, cut up
- 2 tablespoons flour
- 1 tablespoon sugar
- 2 tablespoons tomato juice
- 1 teaspoon vanilla extract
- 4 large eggs, separated, at room temperature
- 1 cup heavy or whipping cream
- 1 tablespoon confectioners' sugar
- ½ pint raspberries

Preheat oven to 425°F. Grease 9-inch springform pan. Line bottom of pan with wax paper; grease paper.

Melt chocolates in double boiler over barely simmering water. Remove from heat and whisk in butter until combined. Whisk in flour, sugar, tomato juice and vanilla. Whisk in egg yolks until smooth. Transfer to bowl and cool slightly. Beat egg whites in large mixer bowl until stiff but not dry. Fold one third of the white into chocolate mixture; gently fold chocolate mixture back into remaining white. Pour into prepared pan.

Bake 15 minutes. Turn oven off; with oven door ajar, let cake cool completely in oven. *(Can be made ahead. Cover and freeze up to 2 weeks. Thaw in refrigerator at least 4 hours. Remove from refrigerator 2 hours before serving.)* Remove sides of pan. Invert cake onto serving plate and remove bottom of pan and wax paper.

Beat cream with confectioners' sugar in mixer bowl until stiff. Spoon decoratively on top of cake. Garnish with raspberries. Makes 16 servings.

Per serving: 280 calories, 4 gm protein, 22 gm fat, gm carbohydrates, 43 mg sodium, 92 mg cholesterol

JAYNE CARROLL'S MENU FOR TWENTY

Strawberry Champagne Cocktail
Red-Pepper Dip with Crudités
Barbecued Salmon
Crab-Stuffed Potatoes
Stir-Fried Asparagus with Almonds
Spinach Salad
Parmesan Garlic Bread
Strawberry Shortcakes
Chocolate Chip Cookies
Eyrie Vineyards or other Oregon Pinot Gris wine
Coffee, tea

HEDULE

eeks ahead:
Make and freeze shortcakes.
Make and freeze cookies.
ays ahead:
Freeze berries for champagne cocktail.
Make dressing for spinach salad.
ay ahead:
Make red-pepper dip.
Prepare potatoes, filling. Cook bacon.
Trim and cut asparagus; toast almonds.
Prepare crudités; refrigerate.
rning of party:
Squeeze lemon juice for salmon.
Wash spinach and prepare vegetables for salad.
Prepare garlic bread; cover and let stand at room temperature.
ours before:
epare strawberry filling. Thaw rtcakes.
ours before:
hip cream and refrigerate. Toast rtcakes.
ours before:
Arrange cookies on platters.
Remove potatoes from refrigerator.
Arrange crudités.
Prepare fish.
Arrange salad in bowl; refrigerate.

1¼ hours before:
1. Prepare grill or preheat oven.
2. Assemble potatoes and bake.

1 hour before:
Cook salmon.

30 minutes before:
Assemble shortcakes; refrigerate.

15 minutes before:
1. Bake garlic bread.
2. Stir-fry asparagus.

Just before serving:
1. Make lemon-butter for fish. Arrange fish on platter; remove skin.
2. Toss salad.

STRAWBERRY CHAMPAGNE COCKTAIL

Serving a festive drink before dinner really welcomes people to the party. Jayne always mixes up a batch with nonalcoholic sparkling cider, too.

Prep time: 5 minutes plus freezing ○

20 medium strawberries, hulled
4 bottles (750 ml each) champagne, chilled

Place berries 1 inch apart on cookie sheet. Cover; freeze until ready to serve.

Place 1 frozen strawberry in the bottom of each glass. Pour in champagne and serve. Makes 20 five-ounce servings.

Per serving: 105 calories, 0 gm protein, 0 gm fat, 1 gm carbohydrates, 8 mg sodium, 0 mg cholesterol.

RED-PEPPER DIP WITH CRUDITÉS

Jayne likes the food she serves to be surprising. This dish complies, with a splash of color and great antipasto flavor. Its creaminess comes from pureed beans.

Total prep time: 50 minutes ○

Dip
1 can (16 or 19 oz.) cannellini (white) beans, rinsed and drained
1 jar (7 oz.) roasted red peppers, patted dry

(continued)

■ SUMMER PARTIES
continued

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- ¼ teaspoon ground red pepper
- 1 teaspoon minced garlic

- 1 pound baby pattypan squash, trimmed, or small zucchini, sliced
- 4 green peppers, cut into ½-inch strips
- ½ pound salami, sliced thin
- 4 packages (5½ oz. each) breadsticks
- 8 ounces sugar snap peas or 4 oz. snowpeas, trimmed
- 8 ounces Calamata olives

Combine beans, peppers, oil, vinegar, salt and ground peppers in food processor; puree until smooth. Transfer to bowl and stir in garlic. Makes 2 cups.

Arrange vegetables, salami, breadsticks, peas and olives on large platter. Serve with dip. Makes 20 servings.

Per teaspoon: With 1 vegetable, 35 calories, 1 gm protein, 2 gm fat, 4 gm carbohydrates, 142 mg sodium, 2 mg cholesterol.

BARBECUED SALMON

Jayne says her husband does such a good job of grilling salmon because he catches it himself. If you start with the freshest fish, it's splendid, no matter what—simply barbecued or baked, served hot or cold.

Prep time: 25 to 30 minutes ○
Cooking time: 40 to 60 minutes

- 2 whole salmon, cleaned (7-8 lb. each)
- ¼ cup minced fresh garlic
- 1 pound white onions, sliced
- 4 lemons, sliced
- 1 cup fresh lemon juice or white wine

Lemon Butter
- 1 pound butter (no substitutions)
- ⅔ cup fresh lemon juice
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper

Prepare grill or preheat oven to 400°F. Rinse each fish thoroughly under cold water; pat dry inside and out with paper towels. Pierce skin on both sides with fork. Spread half the garlic evenly in cavity of one fish. Place half the onion and lemon slices in cavity. Place fish on long double layer of heavy-duty foil (if baking, use single layer). Pour on half the lemon juice. Fold foil over and crimp edges well to seal. Repeat with other fish.

To grill: Place wrapped fish directly on grill over medium-hot coals. Grill 20 to 25 minutes. Carefully turn fish over and grill 20 to 25 minutes more, until opaque throughout (cook about 17 minutes per inch of thickness).

To bake: Place wrapped fish on jelly-roll pans. Bake 50 to 60 minutes, until opaque when pierced in thickest part of fillet.

Unwrap each fish and carefully remove skin from top side. Gently turn over onto platter and remove skin from other side. Discard onions, lemon slices and garli
After serving top half of fish, remov
bones to serve bottom half. Serve wi
Lemon Butter. Makes 20 servings.

Lemon Butter: Melt butter in mediu
saucepan over medium-low heat. Stir
lemon juice, salt and pepper and he
through. Serve warm.

Per serving: With 1 tablespoon lemon butter, 2
calories, 24 gm protein, 16 gm fat, 6 gm carboh
drates, 197 mg sodium, 89 mg cholesterol.

CRAB-STUFFED POTATOES

*These potatoes are easy and definite
worth the time. One of Jayne's guests te
her he dreams of eating them every da*

Prep time: 50 minutes
Cooking time: 40 to 45 minutes

- 12 large baking potatoes, scrubbed
- 1 cup butter or margarine, melted
- 1 cup milk
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 bunches green onions
- 1 pound lump crabmeat, flaked and picked over
- ½ cup mayonnaise or salad dressing
- ½ cup sour cream
- ¼ cup fresh lemon juice
- ⅛ teaspoon ground red pepper
- ½ pound bacon, cooked and crumbl

Preheat oven to 350°F. Prick potatoes
over with fork and place on jelly-roll p
Bake 1¼ to 1½ hours, until tender wh
pierced with skewer. Cut in half leng

yellow-orange fruits and vegetables—foods that are rich in beta-carotene.

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e and scoop out centers, leaving ¼-n-thick shell. Beat centers in large mix-bowl until mashed. Beat in butter, milk, and pepper. Slice white part of on-s (reserve green tops) and stir into po-oes. Spoon into shells and place on y-roll pans. *(Can be made ahead. Cov-potatoes and reserved onion tops. Re-erate overnight. Remove from refriger-r 2 hours before baking.)*

Combine crabmeat, mayonnaise, sour am, lemon juice and red pepper in ge bowl. *(Can be made ahead. Cover l refrigerate overnight.)* Mound crab-at mixture onto stuffed potatoes. Press con pieces on top and bake in pre-ated 350°F. oven 40 to 45 minutes, il heated through. Slice reserved green on tops and sprinkle over potatoes. kes 24 servings.

serving: 265 calories, 8 gm protein, 14 gm fat, 27 carbohydrates, 307 mg sodium, 48 mg cholesterol.

R-FRIED ASPARAGUS TH ALMONDS

ne likes to take advantage of vegeta-s in season, and now is a great time for paragus. Cooking it in a little chicken th adds depth to the flavor.

p time: 25 minutes
oking time: 5 minutes

pounds asparagus, peeled if thick, and trimmed
tablespoons vegetable oil, divided
teaspoons salt, divided
½ teaspoon freshly ground pepper
½ cup chicken broth
½ cup toasted slivered almonds

Cut asparagus diagonally into 2-inch pieces. Heat 2 large skillets over high heat. Add 2 tablespoons oil to each skillet and heat until almost smoking. Add half the asparagus to each skillet and stir-fry 1 minute. Stir in 1 teaspoon salt, ¼ teaspoon pepper and ¼ cup chicken broth to each skillet; cover and cook until tender-crisp, 3 to 5 minutes. Transfer to serving dish and toss with almonds. Makes 20 servings.

Per serving: 60 calories, 3 gm protein, 5 gm fat, 3 gm carbohydrates, 251 mg sodium, 0 mg cholesterol.

SPINACH SALAD

This salad tastes really fresh and looks summery. Sunflower seeds or pine nuts add crunch and flavor.

Total prep time: 35 minutes

Dressing
1½ teaspoons dry mustard
3 tablespoons red wine vinegar
¾ teaspoon salt
½ teaspoon freshly ground pepper
¾ cup vegetable oil

3 pounds fresh spinach, cleaned and stems removed (20 cups)
3 medium cucumbers, peeled, seeded and cut into thin 2-inch strips
1 pint cherry tomatoes, halved
5 celery ribs, diced
¾ cup sunflower seeds or pine nuts

Dressing: Combine mustard, vinegar, salt and pepper in bowl. Add oil in slow, steady stream, whisking until thickened. *(Can be made ahead. Cover and refrigerate up to 2 days. Bring to room temperature; whisk again before serving.)*

Combine vegetables in large bowl. Cover and refrigerate until ready to serve. Toss with dressing and sunflower seeds. Makes 20 servings.

Per serving: 120 calories, 3 gm protein, 11 gm fat, 5 gm carbohydrates, 129 mg sodium, 0 mg cholesterol.

PARMESAN GARLIC BREAD

Freshly grated cheese and minced onions make this garlic bread a big hit.

Prep time: 30 minutes
Baking time: 12 to 15 minutes

2 tablespoons olive oil
1½ cups minced onions
¾ cup butter or margarine, softened
2 tablespoons minced garlic
3 large loaves Italian bread
1 cup freshly grated Parmesan cheese

Preheat oven to 350°F. Heat oil in large skillet, add onions and cook over medium heat until tender, 5 minutes; set aside. Beat butter with garlic in bowl until smooth. Split bread in half lengthwise. Spread evenly with garlic butter. Cutting almost to bottom, slice bread 1-inch thick. Place on cookie sheets, spread cooked onions on top and sprinkle *(continued)*

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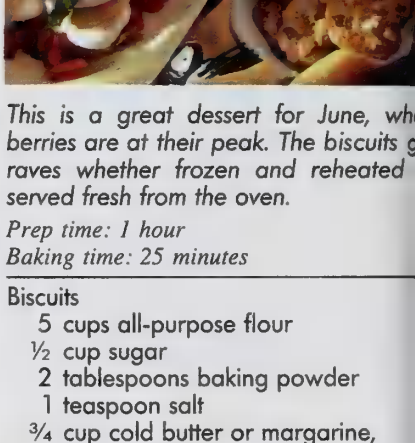
SUMMER PARTIES
continued

evenly with Parmesan. *(Can be mad ahead. Cover well and let stand at roo temperature up to 4 hours.)* Bake 12 to minutes, until golden. Makes 20 serving

Per serving: 290 calories, 8 gm protein, 10 gm fat, gm carbohydrates, 560 mg sodium, 23 mg cholester

STRAWBERRY SHORTCAKES



This is a great dessert for June, wh berries are at their peak. The biscuits g raves whether frozen and reheated served fresh from the oven.

Prep time: 1 hour
Baking time: 25 minutes

Biscuits
- 5 cups all-purpose flour
- ½ cup sugar
- 2 tablespoons baking powder
- 1 teaspoon salt
- ¾ cup cold butter or margarine, cut up
- 2 cups heavy or whipping cream
- 1 tablespoon milk

- 6 pints strawberries, hulled
- ½ cup plus 2 tablespoons sugar
- 2 cups heavy or whipping cream
- 1 teaspoon vanilla extract
- 1 teaspoon brandy (optional)
- 24 more strawberries, for garnish

Biscuits: Preheat oven to 400°F. Grea 2 cookie sheets. Combine flour, sug baking powder and salt in large bo With pastry blender or 2 knives, cut butter until mixture resembles coar crumbs. Gradually stir in cream, tossi with fork until dough is evenly moistene

Knead dough gently on work surfa until it just holds together, about 1 minu Divide dough in half. Roll one dough h ½-inch thick. Cut into circles with flour 2¾-inch biscuit cutter. Transfer to p pared cookie sheets. Repeat with remai ing dough, rerolling scraps. Brush to with milk. Bake 15 minutes or until golde Cool completely on wire racks. *(Can made ahead. Wrap and freeze up to weeks. Thaw at room temperature 1 ho Bake in preheated 350°F. oven 10 m utes or until lightly toasted.)* Makes 24.

Combine 3 pints strawberries and cup sugar in large bowl; crush strawbe ries with potato masher or fork. Slice maining 3 pints strawberries and stir i crushed berry mixture. *(Can be ma*

ead. Cover and let stand at room tem-rature up to 4 hours.)
Beat cream, vanilla and brandy in mix-bowl to soft peaks. Add remaining 2 lespoons sugar and beat until cream is stiff. *(Can be made ahead. Cover and rigerate up to 3 hours.)*
Split biscuits in half horizontally with rated knife. Arrange bottom halves on ving platter. Spoon 2 tablespoons ber- on each. Top each with 2 table-oons whipped cream and biscuit top. rnish shortcakes with remaining ipped cream and whole berries. Serve h remaining berries. Makes 2 dozen.

cake: 345 calories, 4 gm protein, 21 gm fat, 36 gm ohydrates, 274 mg sodium, 70 mg cholesterol.

IOCOLATE CHIP COOKIES

yne's friends complain when these okies aren't on the menu, so she leaves tes of them all over the house.

p time: 25 minutes
king time: 9 minutes per batch

cups all-purpose flour
teaspoon *each* baking soda and salt
cup butter or margarine, softened
cup granulated sugar
cup firmly packed brown sugar
teaspoon vanilla extract
large eggs plus 1 large egg white
cups (18 oz.) semisweet chocolate chips
cup chopped walnuts

heat oven to 375°F. Combine flour, king soda and salt and sift twice in dium bowl; set aside. Beat butter and gars in large bowl until light and fluffy. d vanilla. Add eggs and egg white, ating well after each addition. Gradu- add flour mixture. Fold in chips and s. Drop batter by rounded teaspoon-s 2 inches apart on cookie sheets. Bake out 9 minutes or until edges are gold-. Repeat with remaining dough. *(Can made ahead. Wrap well and freeze up 2 weeks. Thaw at room temperature hours.)* Makes 8 dozen. ■

cookie: 80 calories, 1 gm protein, 4 gm fat, 9 gm ohydrates, 54 mg sodium, 10 mg cholesterol.

Journal Shopping Center

UICK SERVES
ge 190 Ramekin, Fishs Eddy, 889 Broadway, NYC 10003. ina, "Camellia" pattern, Pottery Barn, 231 Tenth Ave., NYC 011. Breakfast tray and flatware, Keesal Mathews, 1244 Mad-n Ave., NYC 10128.
IPER SUMMER PARTIES
ges 162-165 Crystal glassware, Waterford, "Colleen" pat-rn. China, Wedgwood, "Columbia Sage Green" pattern.
ge 166 Left, china with soup, Wedgwood, "Columbia Sage een" pattern. Bottom right, China, Noritake, "Solemn Emer-d" pattern, Crystal vase, Waterford, "Seahorse" pattern.
THE SWIM
ge 39 Sunglasses, L.A. Eyeworks; hat, Patricia Underwood; nglasses, Alain Mikli.
ge 40 Sunglasses, Alain Mikli; headband, Pucci.
HAT'S HOT
ge 50 Photos: top left, Bruce W. Talamon; top right, Don netzer; bottom left, Francois Duhamel; bottom right, Myles ronowitz/Touchstone.
ge 52 Photos: top, Scott Downie/Celebrity Photo; middle left, eve Vaughan; middle right, David James/Warner Brothers; ddle bottom, Richard Foreman; bottom left, Ron Batzdorff/ alt Disney; bottom right, Columbia Pictures.
otos of Kevin Costner on page 138 of the April issue: PEOPLE EEKLY© 1990 Jonathan Exley.

To get the most advanced No-Stick yet—twice as tough, twice as durable—look for the certified SilverStone SUPRA seal.

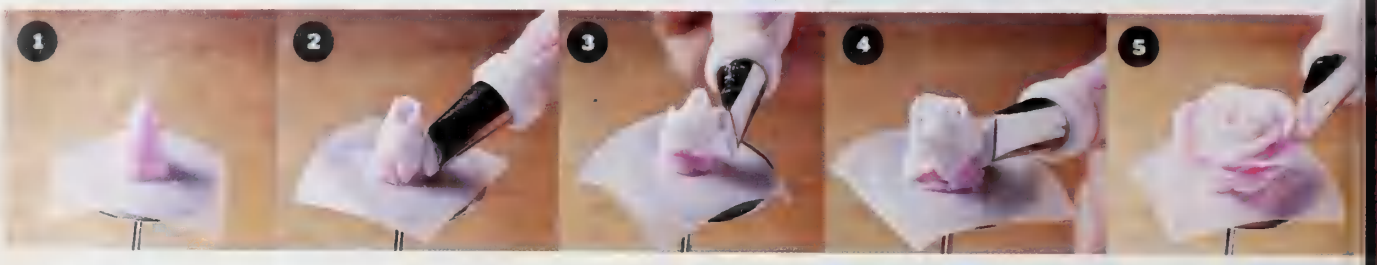
DUPONT
NO-STICK SYSTEMS®

YELLOW RIBBON
CAKE, HAPPY BIRTHDAY
CAKE, ROSE CAKE

A PIECE OF CAKE

OUR PRETTY CAKES ARE PARTY-PERFECT, AND THERE'S ONE FOR EVERY CELEBRATION. FUN AND FANCY, THESE DELIGHTS COMMEMORATE OCCASIONS IN THE SWEETEST WAY AND ARE SURE TO BE SENSATIONS! BY COLETTE PETERS

A rose is a rose . . . is an edible rose, and making one is easier than you think. You begi with a solid cone of icing and then just add overlapping petals until a full flower is formed



WHITE BUTTERCREAM ICING

This icing is used for decorations, basic frosting and for a base under fondant.

Total prep time: 10 minutes

- 1½ cups vegetable shortening
- ½ cup butter or margarine, softened
- 1 teaspoon almond extract
- 1 teaspoon vanilla extract
- 2 pounds confectioners' sugar
- ½ cup milk, at room temperature

Beat shortening and butter in mixer bowl until combined. Add extracts, sugar and milk. Beat at medium speed until fluffy. *(Can be made ahead. Cover and store at room temperature 2 days or refrigerate up to 2 weeks.)* Makes about 5½ cups.

ROLLED FONDANT

Fondant gives a smooth, elegant look to the Rose and Yellow Ribbon cakes.

Total prep time: 15 minutes plus standing

- 2 pounds confectioners' sugar plus additional for kneading and rolling
- ¼ cup water
- 1 tablespoon unflavored gelatin
- ½ cup light corn syrup
- 1½ tablespoons glycerine*
- 1 teaspoon almond extract
- Pink paste food coloring*

Place 2 pounds sugar in large bowl; make a well in center. Place water in small saucepan and sprinkle on gelatin; set aside, 3 minutes. Stir over low heat until gelatin is completely dissolved. Remove from heat; stir in corn syrup, glycerine and almond extract. Dip tip of toothpick into small amount of food coloring and stir into gelatin mixture. Pour mixture into well and mix with spoon. Knead by hand until sugar is incorporated, 5 to 6 minutes, and fondant forms a smooth ball. If mixture seems sticky, add a little confectioners' sugar.

Place in airtight plastic bag; let stand overnight at room temperature. Makes enough to cover a 9-inch, 2-layer cake.

To apply fondant: Knead fondant until pliable. Place on smooth surface; sprinkle with confectioners' sugar. Roll with a rolling pin, rotating to prevent sticking. Roll fondant ¼ inch thick, and large enough to cover top and sides of cake.

Roll fondant loosely around rolling pin and carefully unroll onto cake. Sprinkle your hands with sugar and smooth fondant, starting at the top center and working down the sides to remove air bubbles. Mend cracks or tears by rubbing softly with your fingertips in a circular motion. Prick any air bubbles with toothpick, then rub away. Trim away excess icing around base of cake with small sharp knife.

ROSE CAKE

Pictured on page 177

Prep time: 1½ hours plus baking and drying

- 2-layer cake recipe or cake mix
- 1 recipe White Buttercream Icing
- 1 recipe Rolled Fondant
- Pink and green paste food coloring*
- 3 pastry bags*
- Tape measure
- Coupler and decorating tips: #2 plain, #3 plain, #9 plain, #14 star, #69 leaf, #104 rose*
- Flower nail*

One day before baking and decorating cake, make pink Rolled Fondant.

Bake cake in two 8-inch cake pans; cool. On cake plate, fill and lightly ice cake with 2 cups icing. Cover cake with pink fondant; trim away excess.

To mark scallop design on cake: Trace cake pan on paper. Cut out circle and fold in half, then fold in half two more times. Mark 2½ inches from point on both sides. Cut a rounded edge between the marks. (The unfolded paper will have 8 scallops.) Center paper on cake, holding it in place with toothpick through center. With another toothpick, mark scallop outline on cake. Measure 1 inch down from top edge of cake; mark 8 points in line with points between scallops.

To mark scallops on side of cake, draw lines between marked points with toothpick to duplicate the scallops at the top, using picture on page 177 as a guide.

Fill pastry bag fitted with #2 tip with 1 cup white icing. Pipe area between outline of scallop on top of cake down to scallop on side, with a freehand filigree design as shown in photo.

Fit same pastry bag with #14 tip. Holding piping bag at a 90° angle to top of cake, edge the scallop outline on top of cake with a narrow zigzag border.

Tint ½ cup icing pale green; cover an set aside for leaves. Tint 2½ cups icin pale pink. Fill another pastry bag fitte with #3 tip with 1 cup of the pink icing Pipe small pink dots along inside of to scallop design.

To pipe ruffles on side of cake, refi bag with pink icing and fit with #104 tip Place wide end of tip against cake c edge of filigree, with narrow end at a 45 angle to cake. Pipe ruffle around cake moving bag to the right and slightly u and down at the same time, followin outline of scallop. Pipe second ruffle jus below the first, following the scallop. Pip a third ruffle at base of cake. Using pipin bag fitted with #2 tip and white icing pipe dots to outline top of first ruffle.

Make roses: Cut wax paper into six 2 inch squares. Fill pastry bag fitted with #' tip with stiff pink icing (if necessary, ad confectioners' sugar to stiffen icing). Se cure 1 square to flower nail with dab c icing. Holding nail in one hand, slowl pipe a solid cone about 1 inch high o center of nail. Carefully remove pape from nail. Repeat 5 more times. (Make roses and choose the best three.) Reat tach 1 cone on paper square onto na with dab of icing. Fit bag with #104 tip Place wide end of tip against cone, nea bottom, with narrow end of tip facing up (Tip should be parallel to cone.) Hold na in your left hand. As you apply pressur to bag, turn the nail clockwise as icin flows, moving tip up to top of cone, the down as the nail makes a complete revo lution (photo 2).

Begin second petal so that it overlap the first petal (photo 3), *except* pipe onl around one third of the cone and hold ti with narrow end out toward you slightly so that petals fan out. Pipe 2 more petal the same way.

Repeat, piping 3 more petals, eac overlapping the end of the previous pet al (photo 4). Continue overlapping pe als until rose is desired size (photo 5 Repeat, making 5 more roses. Let dr 30 minutes.

Pipe 3 dots of icing on top center c cake. With small spatula, transfer 3 rose onto icing dots. Pipe green leaves wit #69 tip around bases of roses. Makes 1 servings.

(continued

Big Rewards

With Easy Cream Cheese Clouds.

EASY CREAM CHEESE CLOUDS *(Makes 10)*

1 8 oz. pkg. cream cheese, softened
½ c. powdered sugar
¼ tsp. vanilla extract
1 c. heavy cream
1 can cherry pie filling
chopped nuts (optional)

Mix cream cheese, sugar and vanilla at medium speed on electric mixer. Gradually add heavy cream; mix well. Whip until thickened. ◊ Using the back of a spoon, shape into ten 3½" shells. Place on waxed paper-lined cookie sheet. ◊ Freeze two hours or overnight.

When ready to serve, fill with cherry pie filling. ◊ Sprinkle chopped nuts on top if desired.

America's Dairy Farmers
National Dairy Board

© National Dairy Board

REATE A STIR WITH CREAM CHEESE.

A PIECE OF CAKE
continued

HAPPY BIRTHDAY CAKE

Pictured on page 176

Prep time: 1 hour plus baking and drying

Two 2-layer cake recipes or 2 cake mixes
1 recipe White Buttercream Icing
Serrated knife
Large pastel-colored Chiclet gum
Brightly colored square candies
21 to 23 multicolored candy sticks
Purchased pink piping gel
Pastry bag*
Coupler and decorating tips: #14 star, #18 star*

Bake cakes in three 9-inch round cake pans; cool. On cake plate, fill and ice layers with 3 cups icing.

Measure height of cake and cut candy sticks to fit, with serrated knife. Fill pastry bag fitted with #14 tip with about ¾ cup icing. Pipe 1 vertical line up side of cake and press on 1 candy stick. Pipe a dot of icing on cake at right top and base. Place a Chiclet horizontally on each dot. Continue gluing candy sticks next to gum evenly around the cake, spacing to fit.

With #14 tip, pipe border around top edge of cake. Place Chiclets alternately with square candies around top edge, as shown in photo. Pipe a star on top of each candy stick. Place a dot of pink g on top of each star. Write "Happy Birt day" with pink gel on cake.

Refill pastry bag with #18 tip with ½ cu icing. Pipe a zigzag border around base cake, then a rosette at base of each can stick. Makes 20 servings.

YELLOW RIBBON CAKE

Pictured on page 176

Prep time: 1½ hours plus baking and dryi

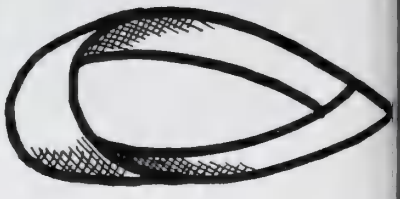
1 recipe Rolled Fondant (page 178)
Candy Clay (recipe follows)
2-layer cake recipe or cake mix
Two 9-inch heart-shaped cake pans
½ recipe White Buttercream Icing
Pink and yellow paste food coloring
Ruler
Pastry bag*
Coupler and decorating tip: #2 plain

One day before decorating cake, ma Rolled Fondant and Candy Clay.

Bake cake in heart-shaped pans; co Tint icing pale yellow. Fill and ice ca with 2 cups icing. Cover cake with Roll Fondant; trim away excess.

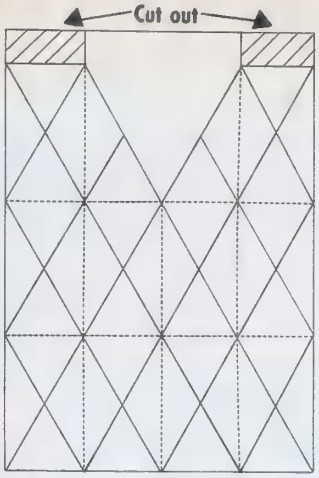
To make bow: Knead clay until pliab Roll clay into a ⅛-inch-thick rectangle w rolling pin. With knife and ruler, cut clay in ¾-inch-wide strips. Cut six 7-inch-long stri seven 6-inch-long strips, and ten 3½-inc long strips. Keep strips covered with plas wrap while you work.

For bow loop, bring ends of each st together, as shown below. Cut seven inch-long strips, trimming one end of ea strip into a notched V pattern to resemb ends of ribbons. Curve the notched ri bon strips; do not loop. Let loops a strips dry at room temperature until fir 3 to 4 hours. Knead together all cl scraps and keep covered.



To assemble bow, place the 6 large loops in circle on cake with pointed en meeting at top center of cake. Fill past bag fitted with #2 tip with yellow icin Pipe a small amount of icing underneat each to secure. Attach 7 notched ribbon notched ends outward, between the loo with icing. Place medium loops betwe and atop large loops; attach with icin Add remaining loops to complete bow.

Roll remaining clay to the same leng as circumference of base of cake, cut in 1-inch-wide strip, joining strips if nece sary. Pipe dots 1 inch apart around ba to glue strip on. Wrap strip around bas press gently. Pipe yellow icing dots over cake. Makes 16 servings.



(solid lines) through intersections of dotted lines, forming diamonds.

For white diamonds, fill pastry bag fitted with #3 tip with about 1½ cups White Buttercream Icing. Reserve 2 tablespoons remaining white icing for buttons. To pipe a continuous horizontal line of loops, use a clockwise motion and keep tip slightly off surface of the cake, so that icing flows in an even line about ¼ inch deep. Continue piping white loops, filling in the white diamonds.

Tint 1½ cups icing pale blue and remaining icing yellow. Fill another pastry bag fitted with #3 tip with blue icing and pipe loops to fill in blue diamonds. Fill pastry bag fitted with #3 tip with yellow icing, pipe diagonal lines of loops, as shown in photo.

Fit bag with yellow icing with #18 tip and pipe a zigzag line about 1 inch wide around collar and down center of sweater.

With #3 tip and reserved white icing, pipe five ¼-inch-wide mounds for buttons. Let icing set for a few minutes, then gently press center of buttons with your finger to flatten. Pipe a circle around each flattened button, then a small X in center with yellow. Makes 12 servings. ■

** available in cake-decorating stores*

Colette Peters is the author of "Colette's Cakes: The Art of Cake Decorating," scheduled to be published by Little, Brown this fall.

NDY CLAY

p time: 15 minutes plus cooling and standing

ounces white candy coating wafers*
cup light corn syrup
Yellow paste food coloring*

lt candy wafers in top of double boiler over barely simmer- water. Remove top from double boiler. Dip tip of toothpick mall amount of yellow coloring. Add the coloring to melted dy with corn syrup, stirring to blend only until mixture begins hicken. (Do not overmix.) Set aside to cool 1 hour. Transfer to airtight plastic bag; let stand overnight at room tem- ature. Makes 1½ cups.

THER'S DAY SWEATER

ured on page 161

p time: 1½ hours plus baking and drying

ayer cake recipe or cake mix
White Buttercream Icing (recipe on page 178)
Ruler
Toothpicks
Blue and yellow paste food coloring*
pastry bags*
Couplers and decorating tips: #3 plain, #18 star*

e cake in 13x9-inch pan; cool completely. Cut away 2 ces from one short side of cake to leave a collar (as indicat- in diagram). Ice top and sides of cake with 1½ cups White tercream Icing.

o outline diamonds, first divide cake in quarters lengthwise l in thirds crosswise (following dotted lines of diagram), g a ruler and tip of a toothpick. Next, draw diagonal lines

HUNT'S® GREAT AMERICAN COOKS

This is Carolyn Avelino.
Priorities: family, food, fairways.
Toured U.S.S.R. with 20 teenagers.
She uses Hunt's.

This is her Hunt's Southwestern Chicken Stew.

More and better is an Avelino credo. Just take this stew—it's a whole lot of wonderful things all in one place. It's also a perfect place for Hunt's. Hunt's has made a lot of things better for over 100 years. Just see how two meats, five vegetables and a little Avelino credo make one fantastic dinner.

Carolyn's Southwestern Chicken Stew

3 lbs. chicken pieces, skinned and fat removed
All-purpose flour
¼ cup olive oil
2 Tablesp. minced garlic
3 (14½-oz.) cans chicken broth
1 (14½-oz.) can Hunt's Whole Tomatoes, undrained
1 (6-oz.) can Hunt's Tomato Paste
16 pearl onions
1½ teasp. each: seasoned salt and ground cumin
4 sprigs each: oregano and thyme OR 1 teasp. each, dried
1 bay leaf
½ to ¾ teasp. crushed red pepper flakes
8-oz. Kielbasa OR smoked sausage
2 cups each: new potatoes, carrots, zucchini and yellow squash, cut in 1-inch chunks
1 (8¾-oz.) can whole kernel corn, drained
Chopped cilantro

In a bag, coat chicken with ¼ cup flour. Brown chicken in Dutch oven in hot oil; remove and set aside. Drain drippings, except 1 teaspoon, from pot. Sauté 1 tablespoon flour and garlic in drippings 30 seconds. Stir in next 10 ingredients starting with chicken broth and ending with red pepper flakes. Bring to boil, reduce heat and simmer, uncovered, 20 minutes. Add chicken and Kielbasa, cover and simmer 20 minutes longer. Skim excess fat. Add vegetables, simmer, covered, 30 minutes longer. Sprinkle with cilantro before serving. Makes 6 to 8 servings.

IT HAD TO BE HUNT'S.

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100 SANDWICH STARS

THE RICH AND FAMOUS INSPIRED THIS STAR-STUDDED MENU—A SELECTION OF SANDWICHES THAT PROVES YOU DON'T HAVE TO BE A CELEBRITY TO EAT LIKE ONE

STEVEN SPIELBERG
THE SPIELBURGER

*Tuna salad, arugula, yellow tomato, avocado and sprouts on seven-grain bread

*Recipe given

BARBARA BUSH
The First Lady
*Lobster salad with triple strand of watercress on thin whole wheat bread

JOHN GOODMAN
The Big Guy
Sloppy Joe

MADONNA
Justify My Lunch
Alpine Lace cheese, hot tomato salsa, red-leaf lettuce on black bread

MERYL STREEP
Whole Earth Sandwich
Fresh mozzarella, sliced tomato, avocado and sprouts, with basil mayonnaise on whole wheat pita bread

BART SIMPSON
The Don't-Have-A-Cow-Manwich
Peanut butter and jelly

BETTE MIDLER
The Divine Miss M
Muenster cheese with mustard on matzo

JAY LENO
Tonight's Special
Meatball hero . . . and Doritos

CHER
Forever Fit
Turkey breast, yellow pepper, cucumber and arugula with squeeze of lemon on pita bread

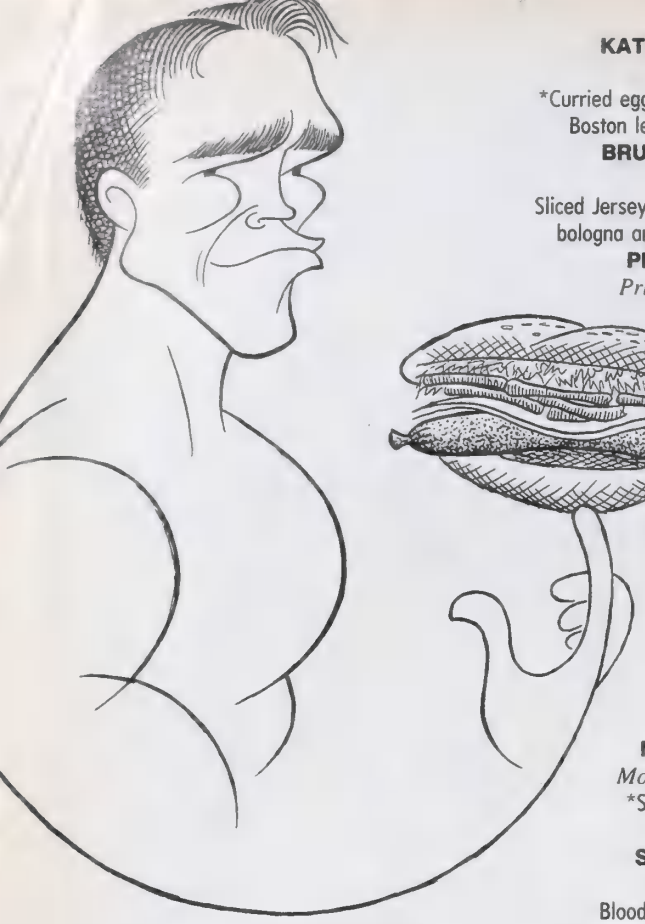
MEL GIBSON
The Lethal Weapon
Bean burrito with pickled jalapeño chilies and shredded pepper-jack cheese

ROBERT DE NIRO
GoodFellas Grinder
Sautéed sausage, peppers, onions and garlic on Italian bread

DEMI MOORE
The Tearjerker
B.L.T. and lots of onion on toasted whole wheat

BO JACKSON
Bo Knows Sandwich
Double-decker sliced turkey, ham, bacon, tomato, lettuce and mayonnaise on whole wheat toast—with a jug of Gatorade

Illustrations: Jeff Fallin. Photos: Lynn Sugarman; prop stylist, Diana Sara; food stylist, Deborah Mintcheff. ▶



ARNOLD SCHWARZENEGGER
The Terminator
Vienna sausage and liverwurst with coleslaw on kaiser roll

KEVIN COSTNER
Hungry as a Wolf
Buffalo mozzarella and beef jerky on sourdough bread

MICHAEL JACKSON
Moonwalker
Green cheese on rice cake

M.C. HAMMER
U Can't Touch Thiswich
Grilled burger, sautéed onions and Swiss on rye

BILL COSBY
Huxtable Hero
Salami, bologna, liverwurst, ham, cheese, mustard and slaw on onion roll

GLENN CLOSE
Fitness Attraction
Goat cheese with sliced tomato and cucumber on thin whole wheat toast

BURT REYNOLDS
Made-in-the-Shade Burger
Hamburger with grilled onion and barbecue sauce on soft roll

NEIL SIMON
The Brighton Beach Memoir
Pastrami, corned beef, pickles and mustard on onion roll

WHOOPI GOLDBERG
Jumpin' Jack Flash
*Chicken salad and Monterey jack cheese with sliced mango and pick-a-pepper sauce on roll

KATHARINE HEPBURN
The Yankee
*Curried egg salad with sliced radish and Boston lettuce on thin white bread

BRUCE SPRINGSTEEN
The Boss
Sliced Jersey tomatoes, Westphalian ham, bologna and Muenster cheese on roll

PRINCESS DIANA
Princess and the Tea
Watercress and cucumber on thin, crustless white bread

CANDICE BERGEN
The Murphy Brown
Crab cakes with cilantro mayonnaise on sliced brioche

TED TURNER
T.B.S.
*Tomato, bacon and shrimp salad on white toast

MICKEY MOUSE
The Mouseketeer
Grilled cheese

MORGAN FREEMAN
Move Over, Miss Daisy
*Southern chicken salad on rye bread

STEPHEN KING
The Standwich
Blood sausage with melted Muenster cheese on torn-open roll

TED DANSON
The Samwich
Corned beef with ballpark mustard on hard roll

KATHLEEN TURNER
Romancing the Scone
*Ham salad on toasted scone

JULIA ROBERTS
The Pretty Woman
Shrimp on rye bread with sliced cucumber and dill mayonnaise

GEORGE BUSH ★ P.L.T.
Pork rinds, lettuce, tomato.
Egg salad optional

MACAULAY CULKIN
Home Alone Hero
Little English-muffin pizza with lots of cheese—and nothing else

MICHAEL JORDAN
The Airwich
Barbecue-beef sandwich dunked in hot sauce

PAUL NEWMAN
Newman's Own
Smoked turkey, mozzarella and romaine with his own dressing on hero

ARSENIO HALL
The Weekend Jam
*Ham salad on rye bread

ELVIS PRESLEY
The King
Grilled peanut butter and banana on white bread

SHIRLEY MacLAINE
Out on a Limburger
Grilled vegetables, eggplant, peppers and shredded limburger cheese with cilantro pesto on pita bread

BILLY JOEL
The Piano Manwich
White Cheddar and sweet pickle relish on Russian black bread

ROSEANNE BARR
The Domestic Goddess
Hot meatloaf on white bread

TOM CRUISE
Top Gun Grinder
Sliced filet mignon with tomato salsa on hero

WOODY ALLEN
The Manhattan
Chopped chicken liver and sliced onion and tomato on rye

BARBIE
The Barbie-Q
Barbecued chicken on soft roll

BARBARA WALTERS
The Special
Smoked tongue with coleslaw and Russian dressing on pumpernickel

JANE PAULEY
Real Life Lunch
*Ham salad and lettuce on seeded roll

LYNN REDGRAVE
The Waist-Watcher
Thin sliced turkey breast, shredded carrot, radish and sprouts rolled in lettuce leaves spread with reduced-calorie mayonnaise

JACK NICHOLSON
Five Easy Pieces
*Chicken salad on toast, hold the mayo, hold the pickles . . .

MICHELLE PFEIFFER
The Russia House
Smoked sturgeon and sliced cucumber on Russian black bread

JOE MONTANA
The '49er
Cheeseburger with the works on sourdough roll

JEREMY IRONS
Reversal of Sandwich
Prosciutto wrapped around breadsticks

THE RULE.

IF IT TASTES GOOD, IT'S PROBABLY BAD FOR YOU.

THE EXCEPTION.

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Rich, sweet, apple streusel uffins. Blueberry muffins bursting ith real blueberries. Moist, deli- ous cinnamon crumb coffee cakes.

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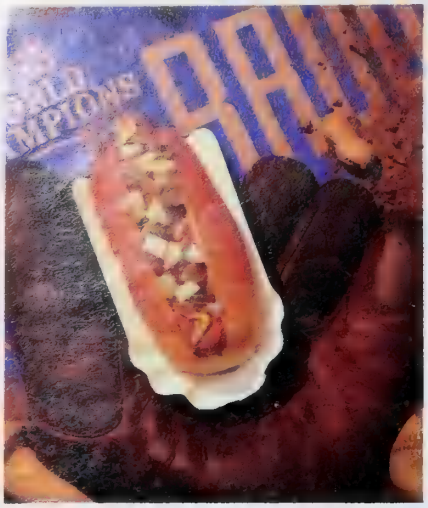

NOLAN RYAN PITCHER PERFECT

Hot dog with yellow mustard, chopped onion and pickle relish

DAVID LETTERMAN
Late-Night Snack
Bologna and American cheese on white bread

JOHNNY DEPP
The Scissorhandwich
*Hacked chicken salad with snipped chives on cracked wheat bread

JACKIE MASON
Jack-in-the-Lox
Lox, scrambled eggs and onion on toasted bagel

MELANIE GRIFFITH AND DON JOHNSON
The Second Time Around
Sliced leftover turkey with gravy and cranberry sauce on white bread

FRANK SINATRA
My Way Hero
Veal Parmigiana on Italian roll

JANE FONDA
The Challenge
Shredded carrot, sprouts, low-fat cottage cheese and sunflower seeds on seven-grain bread

TOM HANKS
The Big Boy
Chunky peanut butter and marshmallow cream on white bread

MIKHAIL BARYSHNIKOV
Misha's Menu
Sliced egg, cucumber, caviar and chopped onion with squeeze of lemon on black bread

OPRAH WINFREY
The Harpo Production
Ham, American cheese, radish slices, pickles and onions on crunchy baguette

CLINT EASTWOOD
Go Ahead, Make My Lunch
Roast beef with horseradish and mustard on hero

ROBIN WILLIAMS
The Awakening
Scrambled egg and ham on English muffin

ELIZABETH TAYLOR
Passion Sandwich
Beluga caviar on black bread spread with crème fraîche

PETER JENNINGS
World News To Bite
Canadian bacon and Cheddar melt on English muffin

PATRICK SWAYZE
The Ghost
Open-face broiled Swiss cheese on white bread

GARFIELD
The Big Meow
Cold lasagne sandwich

JULIA CHILD
Croque Madame Julia
Sliced chicken and Gruyère cheese on brioche, dipped in egg beaten with Dijon mustard and cooked in butter

ROBERT REDFORD
Sundance Sandwich
Grilled flank steak and sun-dried tomatoes on grilled sourdough bread

DOM DELUISE
Lotsa Lunch
Sliced ham, Genoa salami, provolone, mozzarella, Italian hot peppers and shredded lettuce on garlic bread

JANET JACKSON
Rhythm Noshin'
Cheddar cheese and sliced apple melt on seven-grain bread, eaten to a beat

DANIELLE STEEL
The Best-seller
Smoked salmon, cream cheese, red onion and capers on thin rye bread

SYLVESTER STALLONE
Rocky's Knockout
Philly cheese steak on hero

BARBRA STREISAND
The Streisandwich
Lean pastrami with coleslaw, Russian dressing on rye

TOM SELLECK
The Magnum
Rare roast beef with teriyaki sauce on hard roll

EDDIE MURPHY
Beverly Hills Hero
Sliced ham with honey mustard and coleslaw on roll

WARREN BEATTY
The Dick Tracy Blue Plate Special
Mystery meat on toast

JAMIE LEE CURTIS
Everything But Love
*Tuna salad with apple and radish sprouts on whole wheat pita bread

RICHARD GERE
Pretty Woman's Hero
Beefcake on baguette with salsa

WILLIE NELSON
On the Road Again
Chicken fried steak on white bread

CAROL BURNETT
I'm So Glad We Had This Lunch Together
Sliced turkey and iceberg lettuce with Thousand Island dressing and chopped macadamia nuts on rye bread

ANGELA LANSBURY
Lobster, She Ate
*Lobster salad, Boston lettuce and tomato on soft roll

MEG RYAN
The Deli-cious Lunch
Sliced turkey on toast . . . lightly toasted, cut off the crusts, please . . . oh—and better put the dressing on the side. . .

GERALD MacRANEY
Major Hero
American cheese, bologna, olive loaf, sliced tomato, lettuce, pickles and mayonnaise on hero roll

GLORIA ESTEFAN
The Miami Snack Machine
*Florida stone-crab salad with avocado and squeeze of lime on soft roll

SALLY FIELD
Not Without My Sandwich
*Chicken salad, avocado and tomato on white bread

DWIGHT GOODEN
Gooden Plenty
Chili dog on batter bread with hot mustard

AL PACINO
The Godfather
Eggplant Parmigiana with spicy red sauce, provolone cheese and hot cherry peppers on Italian roll

WHITNEY HOUSTON STARS 'N' STRIPES

Burger with lettuce, tomato, red onion, mayo, ketchup and pickles on burger bun

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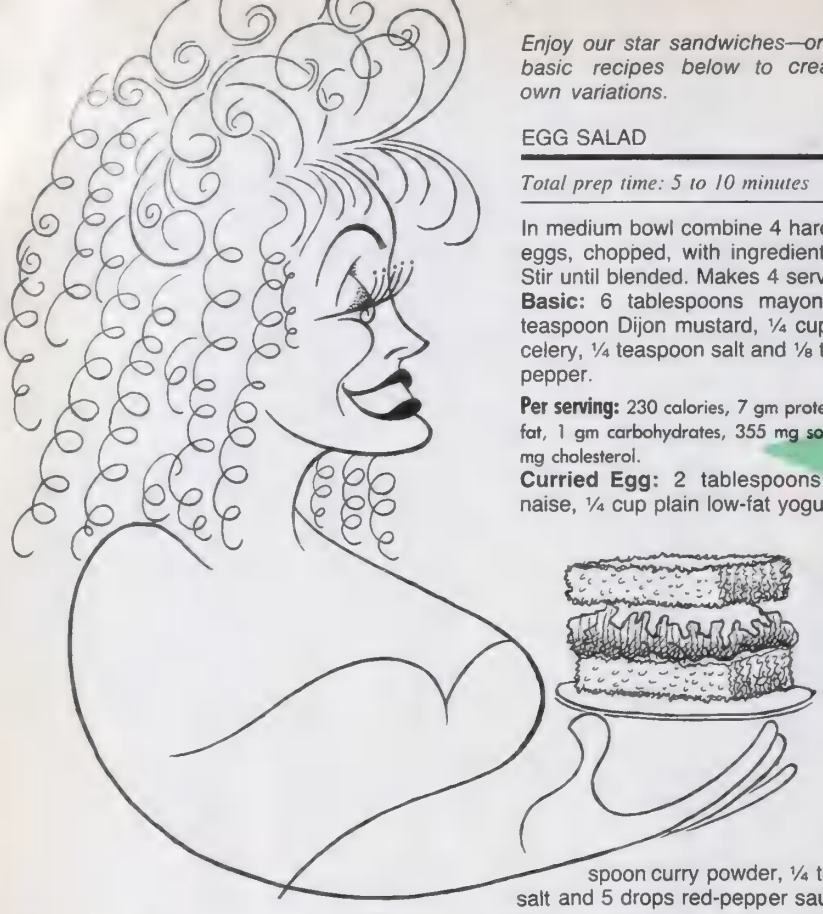

DOLLY PARTON
Dollywich
Fried chicken breast and stuffing on cornbread with honey mustard

JOAN COLLINS
The Dine-nasty
Stilton and cucumbers on crustless bread garnished with jalapeño chile

WOLFGANG PUCK
Puck Pizza
Focaccia with grilled chicken, goat cheese, arugula, grilled red peppers and eggplant

GOLDIE HAWN
Bird on a Biscuit
*Chicken salad and yellow tomatoes on hot biscuit

JOANNE WOODWARD
Mrs. Bridgewich
*Shrimp and chicken salad on crustless white bread

DENNIS QUAID
The Big Easy
Cajun seafood po'boy (deep-fried shrimp, shredded lettuce and plenty of hot sauce)

BRUCE WILLIS
The Die Hard
Smoked turkey, smoked gouda, hard salami and pickle relish on onion roll

CINDY CRAWFORD
Model Lunch
Grilled baby veggies in pita bread

TONY DANZA
Who's the Boss?
Grilled mozzarella, roasted red peppers, olives and arugula on hard roll

Enjoy our star sandwiches—or use the basic recipes below to create your own variations.

EGG SALAD

Total prep time: 5 to 10 minutes

In medium bowl combine 4 hard-cooked eggs, chopped, with ingredients below. Stir until blended. Makes 4 servings.
Basic: 6 tablespoons mayonnaise, 1 teaspoon Dijon mustard, ¼ cup minced celery, ¼ teaspoon salt and ⅛ teaspoon pepper.

Per serving: 230 calories, 7 gm protein, 22 gm fat, 1 gm carbohydrates, 355 mg sodium, 225 mg cholesterol.
Curried Egg: 2 tablespoons mayonnaise, ¼ cup plain low-fat yogurt, 1 teaspoon curry powder, ¼ teaspoon salt and 5 drops red-pepper sauce.

Per serving: 135 calories, 7 gm protein, 11 gm fat, 2 gm carbohydrates, 249 mg sodium, 217 mg cholesterol.

CHICKEN SALAD

Total prep time: 10 minutes

In medium bowl combine 2 cups cooked chicken, chopped, with ingredients below. Stir until blended. Makes 4 servings.
Basic: 2 tablespoons mayonnaise, 2 tablespoons low-fat yogurt, ¼ cup minced celery, 2 teaspoons lemon juice, ¼ teaspoon salt and ⅛ teaspoon pepper.

Per serving: 165 calories, 17 gm protein, 10 gm fat, 1 gm carbohydrates, 235 mg sodium, 55 mg cholesterol.
Southern Chicken: ¼ cup mayonnaise, ¼ cup toasted pecans, chopped, ¼ cup minced celery, ¼ teaspoon salt and ⅛ teaspoon pepper.

Per serving: 155 calories, 17 gm protein, 9 gm fat, 2 gm carbohydrates, 191 mg sodium, 50 mg cholesterol.
Hacked Chicken: ¼ cup *each* mayonnaise and minced celery, 1 tablespoon minced green onion, 2 teaspoons *each* soy sauce, rice-wine vinegar and toasted sesame seeds, and ⅛ teaspoon pepper.

Per serving: 220 calories, 17 gm protein, 16 gm fat, 1 gm carbohydrates, 306 mg sodium, 59 mg cholesterol.

TUNA SALAD

Total prep time: 5 to 10 minutes

In medium bowl combine 1 can (6½ oz.) white tuna packed in water, drained, with 3 tablespoons mayonnaise, 2 tablespoons minced celery, 1 tablespoon minced red onion, 2 teaspoons fresh lemon juice and ⅛ teaspoon pepper. Stir until blended. Makes 2 servings.

Per serving: 135 calories, 12 gm protein, 9 gm fat, 1 gm carbohydrates, 231 mg sodium, 24 mg cholesterol.

SEAFOOD SALAD

Total prep time: 10 minutes

In medium bowl combine 8 ounces cooked crabmeat, lobster, shrimp or imitation crabmeat, chopped, with ¼ cup mayonnaise, 4 teaspoons fresh lemon juice, 1 tablespoon minced parsley, ¼ teaspoon *each* grated lemon peel and salt, and ⅛ teaspoon pepper. Stir until blended. Makes 4 servings.

Per serving: 160 calories, 12 gm protein, 12 gm fat, 1 gm carbohydrates, 372 mg sodium, 65 mg cholesterol.

HAM SALAD

Total prep time: 5 to 10 minutes

In food processor combine 8 ounces baked ham, chopped, with ingredients below and process until blended. Makes 4 servings.
Basic: ¼ cup mayonnaise, 2 tablespoons pickle relish, 1 tablespoon Dijon mustard and ⅛ teaspoon pepper.

Per serving: 215 calories, 13 gm protein, 16 gm fat, 4 gm carbohydrates, 1,096 mg sodium, 42 mg cholesterol.
Ham-Chutney Salad: 3 tablespoons mayonnaise, 1 teaspoon Dijon mustard, 2 tablespoons minced celery, 1 tablespoon chutney, chopped, and ⅛ teaspoon pepper.

Per serving: 185 calories, 13 gm protein, 13 gm fat, 3 gm carbohydrates, 958 mg sodium, 40 mg cholesterol.

CARRIE FISHER POSTCARDS FROM THE DELI

Salami, ham, bologna, Swiss, provolone, lettuce, tomato, pickles and mustard on Italian loaf

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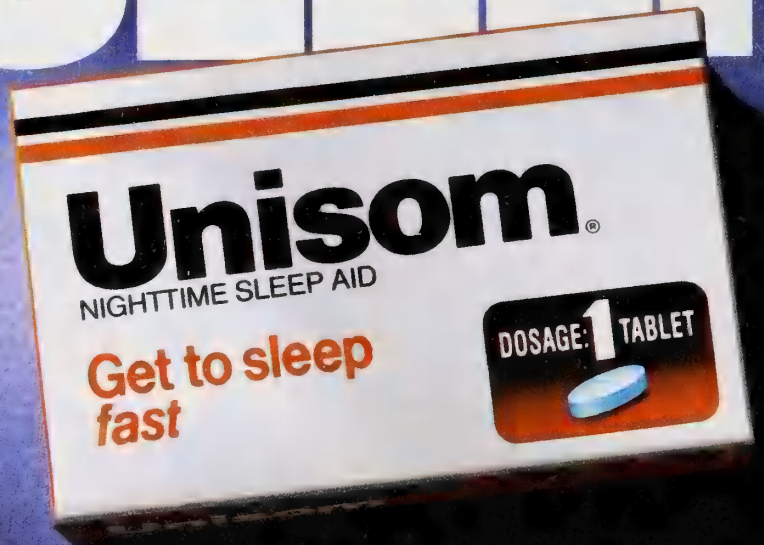

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Glazed Raspberry Orange Turkey

1 pkg. (about 2 lb.) TURKEY STORE™ Fresh Turkey Breast Roast
1 tsp. ground sage
½ tsp. thyme leaves
½ tsp. pepper
½ tsp. salt (optional)
1 tsp. grated orange peel
1 c. orange juice
2 c. fresh or frozen raspberries or cranberries (unthawed)
⅓ c. sugar

Heat oven to 350°F. In 9 x 9-inch or 11 x 7-inch shallow baking pan, place turkey breast roast. Pour orange juice over turkey; sprinkle with sage, thyme, pepper, salt and orange peel. Bake, basting occasionally, for 1 hour and 20 minutes. Combine raspberries and sugar. Place around turkey breast. Continue baking for 10 to 15 minutes or until thermometer pops up. Let stand 10 minutes before slicing. 8 servings.

Nutrition Information Per Serving (1/8 of recipe)—Calories 177, Protein 26 g, Carbohydrate 15 g, Fat .88 g, Cholesterol 71 mg, Sodium 178 mg.

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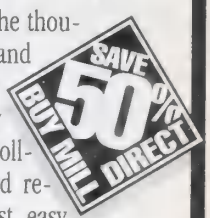

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MICRO-BAKED EGGS

Eggs are delicate, so microwave on Medium to avoid toughening, and pierce the yolks before cooking (otherwise, they may explode).

Place 4 slices Canadian bacon in the bottoms of four 6-ounce microwaveproof custard cups or ramekins. Spoon 2 teaspoons heavy or whipping cream into each cup. Break 1 large egg into each and pierce yolks with a toothpick. Arrange cups on a large plate so they do not touch. Cover with wax paper and microwave on Medium (50% power) 6 minutes, rotating cups halfway through, until just set.

Top each egg with a pinch *each* salt and freshly ground pepper and 1 tablespoon shredded sharp Cheddar or Jarlsberg cheese. Sprinkle 1 tablespoon snipped fresh chives or green onions on each. Microwave covered on Medium 30 seconds more or until cheese is melted.

Per serving: 180 calories, 14 gm protein, 13 gm fat, 2 gm carbohydrates, 645 mg sodium, 248 mg cholesterol.

menu

Micro-Baked Eggs

Pecan Sticky Buns

Fruit Compote

Coffee or tea

Menu by Lisa Brainerd

PECAN STICKY BUNS

Refrigerated biscuits make these a snap to assemble—bake while you whip up the rest of the menu.

Preheat oven to 375°F. Meanwhile, microwave 3 tablespoons butter or margarine in a small microwaveproof bowl on High 45 to 60 seconds, until melted. Stir in ½ cup chopped pecans, ⅓ cup packed brown sugar, ¼ cup shredded coconut and ½ teaspoon cinnamon. Spread mixture evenly in a 9-inch round cake pan. Arrange refrigerated buttermilk fluffy biscuits from a 10-ounce can on top. Bake 20 minutes or until tops are golden. Cool rolls in pan 1 minute, then carefully invert onto a serving plate. Spoon on any remaining nut mixture. Makes 10.

Per roll: 185 calories, 3 gm protein, 10 gm fat, 22 gm carbohydrates, 288 mg sodium, 9 mg cholesterol.

FRUIT COMPOTE

Pretty and pink, this rosy mélange can also be served chilled. If you're using fresh rhubarb, be sure to trim away all of the leafy green part.

Combine 1 cup thinly sliced fresh or frozen rhubarb, 1 McIntosh apple, peeled, cored and chopped, 3 tablespoons sugar and 1 tablespoon water in a shallow 1-quart microwaveproof casserole with lid. Cover and microwave on High 4 minutes. Stir, mashing apples with a spoon. Stir in 1 pint strawberries, hulled and halved, and microwave covered on High 30 seconds more. Let stand 10 minutes. Serve warm.

Per serving: 85 calories, 1 gm protein, 0 gm fat, 21 gm carbohydrates, 2 mg sodium, 0 mg cholesterol.

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NUTRINEWS

If you're feeling dragged out lately, perhaps you're not eating enough foods packed with this vital mineral. Here's what every woman must know. **By Caryn Alter, M.S., R.D.**

IRON RICHES

The idea has been pounded at us by years of commercials: Women need an extra measure of iron. But maybe too many of us have tuned out the "tired blood" message, since iron deficiency remains surprisingly widespread. Several million American women may be lacking sufficient iron, according to the National Center for Health Statistics.

Most of the body's iron can be found in the blood, and women deplete that supply during each menstrual period. And since many of us eat less than men do, it's harder to accumulate enough iron during meals to meet the RDA of 15 milligrams.

Our iron shortfall can be compounded by other attempts to eat a healthful diet. Many of us are cutting back on red meats—one plentiful source of iron, and the high-fiber foods and calcium supplements we take to forestall other disorders can also interfere with iron absorption. How can anyone reconcile these competing nutrition goals?

Doctor, am I anemic?

Iron is essential to the function of virtually every cell. It's a key element of hemoglobin, a protein that carries oxygen in the red blood cells. It's also a component of myoglobin, another protein, which supplies oxygen to the muscles and forms a vital part of many enzymes.

To keep the blood fortified, the body houses backup iron in the bone marrow, liver and spleen. If these sources run dry, hemoglobin levels will plummet, marking the onset of iron-deficiency anemia. Red blood cells become paler, smaller and fewer in number; symptoms can include fatigue as well as weakness, apathy, pallor and chills. This is a serious condition and must be treated by a doctor.

Even a mild deficit in backup stores can subtly sap your strength; in children it may impair learning ability and attention span. If you or your children are feeling inexplicably tired, see your doctor. But in general, just make sure you're consuming as close to the RDA as possible.

Eat like an ironwoman

First, seek out the best dietary sources (see chart on page 195). Those at the top of the list may be unappetizing or too exotic for some tastes. Instead, you'll probably want to turn to common cuts of meat, fish and poultry. These provide a form of iron called heme that is most easily *(continued)*

ORANGE BEEF

This flavorful dish gets a boost of iron from the beef and broccoli. Vitamin C from orange juice and broccoli helps the body absorb iron.

Prep time: 15 minutes
Cooking time: 6 minutes

Sauce

- **1 teaspoon grated orange peel**
- **½ cup orange juice**
- **1 tablespoon reduced-sodium soy sauce**
- **2 teaspoons rice wine vinegar**
- **1 teaspoon Oriental sesame oil***
- **1 teaspoon cornstarch**
- **⅛ teaspoon red pepper flakes**
- **1 pound flank steak, sliced diagonally ¼-inch thick**
- **2 teaspoons reduced-sodium soy sauce**
- **4 teaspoons vegetable oil, divided**
- **1 garlic clove, minced**
- **3 green onions, chopped**
- **1 bunch broccoli, trimmed, cut into florets and blanched**
- **Julienned orange peel**
- **Cooked rice**

***Sauce:* Combine all ingredients in small bowl; set aside.**

Toss beef with soy sauce. Heat 2 teaspoons oil in large skillet or wok over high heat. Add half the beef and stir-fry until browned on both sides, 2 minutes. Transfer to serving platter. Repeat with remaining oil and beef. Add garlic and green onions; stir-fry until limp, 30 seconds. Add sauce, stirring constantly; bring to boil, reduce heat and simmer until thickened, 1 minute. Return beef to skillet; toss to coat with sauce. Serve with broccoli over rice. Garnish with julienned orange peel. Makes 4 servings.

Per serving: Without rice, 310 calories, 26 gm protein, 18 gm fat, 11 gm carbohydrates, 360 mg sodium, 59 mg cholesterol, 4 mg iron.

***Oriental sesame oil can be found in Asian markets or the specialty section of many supermarkets.**

Recipe by Karen J.M. Tack.

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absorbed by the body. Even the best nonmeat sources don't match up, because they contain only nonheme iron. These foods also contain something called MFP factor (for meat, fish and poultry), which boosts absorption of any nonheme iron you eat in the same meal.

Red meats—beef, pork and lamb—are the most iron-rich of the MFP group. But they have been linked to increased risk of heart disease and cancer. Still, most experts don't think it's necessary to slice red meat from your diet entirely. According to Janet R. Hunt, Ph.D., R.D., a research nutritionist at the U.S. Department of Agriculture Human Nutrition Research Center, in Grand Forks, North Dakota, small, lean portions still have a safe place in a well-balanced diet. The American Heart Association recommends portions that are three ounces cooked; those on cholesterol-lowering programs should limit themselves to three such servings a week.

You can also increase absorption by adding to your meals foods or beverages that contain vitamin C. "Just two thirds of a cup of orange juice can almost double the iron absorption from a meal," Hunt notes. A drink an hour before dinner doesn't count; you must have the orange juice with the meal, and a squirt of lemon on your fish isn't sufficient. (Other lodes of vitamin C: tomatoes, strawberries, cantaloupe, green and red peppers, potatoes, broccoli and green leafy vegetables.)

One last way to add this vital mineral to your diet is to cook in old-fashioned cast-iron pans. This works especially well with acidic foods such as tomatoes, fruits and vinegar.

Avoid iron busters

Some foods and beverages hamper iron absorption. Spinach contains oxalic acid, which blocks iron, so this vegetable is not the prime source we always believed in. Substances in coffee and tea block iron, too, so try not to drink these beverages until at least one hour after dinner. Very high-fiber diets also block iron (and other trace minerals). While you must consume sufficient fiber, keep intake below 35 grams a day.

Taking calcium supplements or drinking milk with meals can reduce absorption of nonheme iron by half, a troubling thought, since calcium is also known as a "woman's mineral"—essential in the prevention of osteoporosis. That problem is solved, however, by taking supplements or drinking milk at the midpoint between meals, says Bess Dawson-Hughes, M.D., chief of the calcium and bone metabolism laboratory at Tufts University, in Boston. Another calcium option, says Dawson-Hughes, is drinking citrus juices fortified with calcium citrate malate. Even with meals, this form of calcium doesn't block iron as much, because the vitamin C, citric acid and malic acid the juices contain help offset iron loss.

What if your favorite breakfast is a high-fiber cereal with milk? Even if the cereal is iron fortified, you may not get much iron from that meal. But you needn't forgo this combo, says Dawson-Hughes, as long as you get enough iron the rest of the day.

The supplement story

Why not just pop a pill? As with other trace nutrients, experts prefer that you get iron from food, so you avoid the risk of overdosing. (Exceptions are women who have extremely heavy menstrual flow—less than 5 percent of the population—and pregnant women and nursing mothers; check with your doctor.) By making some minor adjustments in your diet today, you should be pumping enough iron tomorrow. ■

Caryn Alter is a registered dietitian who lives in New Jersey.

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to make it at home.
Shirley Baston Fred,
Clyde, OH

ONE FISHIN'

is steamed shrimp dish is truly rumptious, and best of all, it cooks in five minutes.

mbine 1 cup water, ½ cup dry white ne, 1 tablespoon pickling spice and 1 y leaf in large saucepot. Arrange amer rack in pot; cover and bring liq- to a boil.

Meanwhile, toss 1 pound medium imp in shells and 1 tablespoon Old Bay asoning or other seafood-boiling spice a bowl. Add shrimp to steamer; am covered until just pink, 4 minutes. nsfer shrimp to bowl and serve with non wedges. Makes 4 servings.

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Anne Thompson used three packets of Good Seasons® this week.
And didn't make a single salad.

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(per 3-oz. cooked portion)	
Oysters	11.5 mg
Mussels	6.0 mg
Chicken liver	6.0 mg
Lean flank steak	3.0 mg
Shrimp	2.7 mg
Extra lean ground beef	2.4 mg
Trout	2.1 mg
Dark turkey meat	2.0 mg
Canned mackerel	1.72 mg

VEGETABLES AND GRAINS

3 oz. uncooked quinoa (grain)	8.5 mg
⅔ cup cooked fortified oatmeal	6.3 mg
½ cup cooked lentils	3.3 mg
½ cup cooked spinach	3.2 mg
1 medium baked potato with skin	2.7 mg
¼ cup toasted wheat germ	2.6 mg
½ cup cooked pinto beans	2.2 mg
1 cup cooked spaghetti	2.0 mg
12 medium dried apricot halves	2.0 mg
1 bagel	1.8 mg
1 cup cooked broccoli	1.8 mg

Note: Unlisted cuts of beef or poultry vary only slightly from those listed. Cooking beans with molasses adds extra iron.

Source: U.S. Department of Agriculture

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distant relative of the royal family, she had dreamed of Charles since her school days. After a six-month courtship, the Prince, eager to find a mate and produce an heir, proposed.

That's when Fleet Street took over. On the prowl for a good story after years of political unrest in the seventies, the press transformed the engagement into a modern fairy tale.

Charles, however, made no romantic pretenses. "It's basically a very strong friendship," he said bluntly. "I am frankly amazed that Diana is prepared to take me on."

The awkward age

At first, the newlyweds seemed suitably besotted: He kissed her hand; she tickled him under the nose with a flower. That puppy-love phase didn't take long to pass, however, and the couple's dissimilarities sharpened in the first years of their marriage. Then the hounds of Fleet Street started baying at Diana's heels. The club-hopping Princess was rapidly nicknamed "Disco Di," and the public was spared no detail of her surprising imperiousness or her giddy extravagance. Not every story was unfair: Diana sometimes behaved childishly, and on occasion managed to seem downright rude.

Amid the unceasing attention, the overwhelmed Charles retreated into himself, leaving Diana without the guidance she so desperately needed.

Eventually, the Princess learned to do better, through a combination of tactful advice from her grandmother, Lady Fermoy, and Lady Susan Hussey, one of the Queen's ladies-in-waiting—and a slow, simple, grueling process of trial and error. She learned to speak forthrightly and well; she discarded her flowery dresses for sleek suits; she dieted herself into an elegant angularity.

Her marriage, however, was not so easily remade. By 1987, the distance between Diana and Charles was so wide that they remained apart for a record thirty-eight days at one stretch. The tabloids gleefully ticked off every minute they were separated and gossiped openly about whether the Prince and Princess had wandering eyes.

The couple enacted an abrupt and very public rapprochement in the fall of 1987. But insiders say that reunion was ordered by Queen Elizabeth, while the real relationship remained as dispassionate as ever.

The good mother

Diana's relationship with her children, though, is genuinely close and warm. With the birth of her first son, William, in June 1982, she seemed to shake off most of her silliness.

While both William and his little brother, Harry, born in 1984, are cared for by a traditional royal nanny, from the beginning Diana spent as much time with them as possible. Charles, in contrast, soon became a classic aristocratic papa—as distant from his sons as his own father had been.

Thus it was Diana who performed most "fatherly" duties: walking beside her sons as they sat awkwardly on their slow-moving ponies; running in a parents'-day race at school; taking them to the raucous kind of restaurants kids love, like the Chicago Rib Shack in London.

Her sterling performance as a mother has earned Diana some of the same Teflon finish that Ronald Reagan had, and she regularly gets away with behavior that's criticized in others. While Fergie is routinely lambasted for spending too much money and taking too many free vacations, Diana can do the same with impunity. Nor does the public seem to pillory her for her flirtatious friendships with men—perhaps reasoning that with such a stick-in-the-mud spouse, she deserves the company of handsome young escorts every now and again. "Just because I go out without my husband," Diana once said rather plaintively, "doesn't mean my marriage is on the rocks."

"Being a princess," Diana says, "isn't all it's cracked up to be."

The queen-in-waiting

Now that both boys are in school, Diana's life may take a new turn. (It's still not certain whether she will have more children; she has recently said both that she will be "sticking to two" and that she wants a daughter.)

These days, the Princess is filling her newfound free time with self-improvement. In the early morning, for example, she takes riding lessons, trying to overcome her fear of horses. "It's an incredibly brave thing for Diana to do," says one friend.

Perhaps the Princess feels that acquiring equestrian expertise will help her become more involved with Charles, just as Fergie took up helicopter flying to understand Andrew. Or maybe she just wants to be able to ride with her sons, instead of walking beside them holding the leading rein.

Diana has also upped her exercise quota, and in fact shows signs of becoming a fitness addict. She still swims twenty laps every morning. But now she also logs at least two miles on a treadmill twice a week, plus taking long walks and jogs. Last September she even joined a health facility, the L.A. Fitness Club, and works out regularly using the trendy "step" method.

Much of the rest of her schedule is devoted to duty—as many as four appearances daily. "She never seems to have a spare second when she can just sit and do nothing," says a friend. That may be just the point; without time for reflection, she need not ask herself whether she is happy.

Is she? Most likely not, though she has made herself content with what she has: her sons' adoration, her nation's respect, if not her husband's love.

How long can these comforts suffice? She is, after all, entering her thirties, when restlessness so often rears up. As Gail Sheehy wrote in her landmark book, *Passages*, "One common reaction to the transition into the thirties is tearing up the life one spent most of the twenties putting together."

Many women, reaching this stage, with their children well launched, shift emphasis to the working world. Diana's career, of course, is preordained. Unless she decides to divorce her husband—an extremely unlikely prospect—the Princess will one day be promoted to Queen.

She would, by all accounts, be a good one, and a revitalizing force as well. "If Diana became queen in the near future," says Nigel Dempster, "I don't think they'd live at Buckingham Palace . . . their lifestyle would probably become more like the continental royal families—Holland and Belgium, for example—much more relaxed."

Yet Queen Elizabeth, at sixty-five, shows no willingness to step down, and if the monarch's longevity matches her ninety-year-old mother's, Diana could end up the world's oldest queen-to-be.

The strain of waiting around for the coronation has undone many an heir apparent—indeed, many think that's why Charles is so morose.

But one must never underestimate the resilience of this apple-cheeked girl who became a charismatic woman right before our wondering eyes.

"It is truly ironic," says one member of the inner circle, "that she came into the family with very limited expectations of her—and has exceeded all that everyone could have wished."

The next ten years of the Diana saga may be even more surprising. So stay tuned, world, for Act Two. ■

Susie Pearson is a journalist based in London.

continued from page 135

e wings, which she gave him last ly, when he made lieutenant com- nder on his thirty-second birthday. The Speichers' battleship-gray ranch use, in Jacksonville, Florida, is led with mementos of Scott's life. oks on flying fill the living-room elves, and pictures of the sleek nes he flew cover the walls. In the R, there's a video of Scott splashing the backyard pool, blowing bubbles th his two young children.

"We made it last summer, before he pped out," says JoAnne, thirty-two, a nder woman with a crown of brown ls. "He was worried that Michael was small he would forget him."

What Scott Speicher loved most in e world, next to his family, was fly- g—the rush of adrenaline when he oted his F-18 Hornet toward the end the runway on the massive aircraft rrier *Saratoga*.

Flying hadn't always been part of ott's career plan; when he met Jo- ne, a marketing student, at Florida ate University in 1977, he was a siness major, one year ahead of her. t after his first job interview, he d JoAnne that a nine-to-five office wasn't for him.

"I can't sit behind a desk every day," told her. "I want to fly." Scott had ver piloted a plane, but since child- od, he'd heard stories from his fa- er, a World War II fighter pilot.

"I was behind him all the way," Jo- ne says. "I said, 'Go for it.' "

One month after graduation, he s in naval officers' training school Pensacola, Florida. From the begin- ng he was an excellent pilot, and er the years his superiors singled n out as an exceptional achiever.

JoAnne and Scott married two and a lf years after he entered the military— g enough for him to finish training d for her to work for a while as an istant department-store buyer. De- te the couple's happiness, death was ays a presence; just four days before ir Navy wedding at Cecil Field in cember 1983, a close friend died flying neuvers over Ocala National Forest.

Scott, mindful of the danger he faced, oitually made sure his affairs were in er before leaving on deployments, ich could last several months.

"If anything happens to me, you ow what to do?" he'd quiz JoAnne. es," she'd answer. "I hated to get o it," she says now, sighing. "But it s always in the back of your mind." Her fears seemed more frighteningly usible than ever after Iraq invaded wait last August, and the *Saratoga* eived orders to head for the Persian

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Gulf. Watching the news together one night before the carrier left, JoAnne shuddered slightly and said to her husband, "Oh, God, I hope we don't have to go to war."

Scott, reluctant to leave his family yet exhilarated at the prospect of putting into action everything he had practiced for the past decade, turned to her and said, "How could you say that? That's my job."

An ordinary good-bye

August 7, the morning Scott went off to war, was like any other in the Speicher household. JoAnne kissed him good-bye at the front door; Michael and Meghan waved as he drove away. "This was a part of our lives," she says. "It was like a regular day."

As the months passed, JoAnne settled into her normal routine when Scott was gone. She got Meghan ready for preschool three mornings a week, and on Wednesdays Michael went to a baby-sitting program, Mothers' Day Out, at a local church. Three times a week, JoAnne went to an aerobics class with other Navy wives, and sometimes on Friday nights they'd all meet at a local restaurant for dinner.

Ten days after Scott left, his letters began arriving. They were scrawled on yellow legal paper, and he often signed them "Spike," his Navy call name. Although JoAnne had never before kept Scott's letters, this time she filed each one lovingly in her top dresser drawer.

JoAnne wanted to write him with only good news, but there was one disappointment: Before Scott left, they had tried to conceive their third child. "I had to write and tell him that it hadn't happened," she says. "I was disappointed. He was, too. Later I felt like there was a reason it hadn't happened."

"Don't worry about it," Scott wrote her in reply. "We'll do it. There's time."

Tensions in the Gulf escalated that fall, and at home JoAnne fought to keep her family life as normal as possible. But a few days after Thanksgiving, the United Nations Security Council passed its historic resolution sanctioning the use of force if Iraqi troops did not leave Kuwait by January 15. As the days ticked away, JoAnne's fear became almost overwhelming.

Her resolution to hide her terror from Scott gave way after Christmas, when she wrote her husband for the first time that she was "scared, really scared." Scott wrote back, "You know that I am completely proficient in this airplane. I'll be home. I guarantee it."

"Why did he keep saying that—'I guarantee it'?" JoAnne asks softly now. She felt guilty that *(continued)*

WINGS OF LOVE
continued

she might have upset him, and she quickly wrote him a reassuring letter.

Nothing happened during the day of January 15, but that night, after JoAnne turned on CNN, she—like much of America—learned that the air war had begun.

"I knew right away that Scott would be in the first strike," she says proudly. "He was so good." Her fear gave way to excitement as she stayed up until midnight watching events unfold. And when another Navy wife called, looking frantically for hope, JoAnne told her, "Our guys are going to be home soon. I promise."

Her euphoria didn't last long. The next morning, JoAnne heard a TV reporter talking about a downed F-18. Though she was momentarily shaken, she reassured herself that if it had been Scott's plane, she would have been told. On TV, JoAnne recalls, the reporting became more frenzied as the morning wore on. At first the F-18 was referred to as a Navy plane. Minutes later, a television correspondent referred to it as a Marine jet.

"I told myself that no news was good news," JoAnne says. "I called the other wives in Scott's squadron, and my mother and sisters, and said, 'Don't worry.' "

But as JoAnne talked on the phone that afternoon, she heard a car door close. She looked out the screen door toward the driveway and saw the admiral of Cecil Field, the local base, the commodore, the commodore's wife and the chaplain. The men were in their dress blues.

"They didn't have to say a thing," JoAnne recalls, her eyes filling with tears. "The first thing I asked was, 'How did it happen?' "

Scott's last hours

For JoAnne, the first few days following the news about her husband are a blur. As she had suspected, Scott, the first casualty of the war, had been in the conflict's first air strike. Sometime after the bombing began, another fighter pilot reported seeing an explosion in western Iraq near the targets Scott had been assigned to bomb. The commodore at Cecil Field later said that it was probably Scott's plane being hit by a surface-to-air missile.

Technically, Scott was listed as missing in action. But although the military couldn't rule out the possibility that he had somehow miraculously survived, there had been no radio contact, and authorities held out virtually no hope.

Word spread quickly that Scott was the downed F-18 pilot, and the Speichers' house began filling with family and friends. One woman, who had lost her first husband in a crash seven years earlier, staffed the phone, taking calls from reporters and sympathizers. JoAnne sat on the couch, somewhat dazed, and talked with her visitors. Later, they would tell her that she had taken the news well.

In the midst of her grief, and the near-chaos in her house, JoAnne thought of her children. Michael played on obliviously, but JoAnne knew she had to talk to Meghan.

In her daughter's cheerful bedroom, JoAnne asked Meghan if she understood why the house was filled with people. "No," the little girl replied. "It's because they have to tell me about Daddy," JoAnne said gently. "Something happened to Daddy's airplane." Meghan sat quietly considering her mother's words before venturing, "My daddy?"

"Yup," JoAnne replied.

"I didn't want him to be scared"

JoAnne slept uneasily that night. In the back of her mind were some heartbreaking questions: What were Scott's final moments like? Did he know he was going to die? The next morning, determined not to break the routine she had estab-

shed for the children, she drove eghan to preschool.

Though she continued to be troubled what she didn't know about her sband's death, on the following nday—her thirty-second birthday—Anne asked a friend to send a tele-am to President Bush. "I wanted m to know I wasn't angry," she says w. In the telegram she told the esident that she and Scott "support-you then, and I support you now th all my heart."

About a week later, a reply arrived m the White House. The two-page ndwritten letter, signed by the esident, said, "I am proud of your nderful husband, and I will never get him. Sometimes God acts in ange ways—ways we do not under-and right away." A separate letter m Barbara Bush added, "I know ur precious husband would be so oud of you."

In the next few weeks, letters con-ued to arrive from Scott—the ones 'd posted in the days preceding his ath. Each time one arrived, the man who delivered the mail carried to JoAnne's door with tears in her es. Inside was page after page of yel-w legal paper, filled with Scott's last oughts. Always, Scott assured her at the *Saratoga*'s duties would soon over and he would be coming home.

Though she appeared to be handling r loss well, emotionally JoAnne was mb. Then on a Wednesday night, two eks after she'd learned of Scott's ath, she sat in the living room with a end who seemed determined to make Anne face her fears and cry. He talked th her until two-thirty A.M., when Jo-ne at last admitted that there were ings she found too horrible to face: "I dn't want Scott to know. I didn't want m to be scared for one second, I didn't nt him to think, 'Oh, no, I'm going wn,'" JoAnne remembers. "And I uldn't bear the thought of having a vice and having nothing to bury."

Two days later, the brown envelope ntaining Scott Speicher's most per-nal effects arrived. Besides his wal-, wedding ring and the gold wings, Anne found a white envelope dated nuary 16, 1991—the day before ott died. "It was funny," JoAnne ys. "All along I knew that there uld be one more letter."

"As I sit down to write this letter," ott wrote, "things in this part of the rld seem to grow more intense every ur . . . I am more certain that our wing will be called upon . . . If you e reading this letter, it will be for one two reasons: 1) I have decided I need personally share these thoughts th you instead of holding them in-le, or 2) Something has happened to me. I hope it is number one."

Scott also wrote separate sections for Meghan, Michael and JoAnne. Each began "I love you." To the children he talked about setting goals and pursuing a good education, being kind to each other and putting God first in their lives.

To JoAnne he wrote, "You are the centerpiece of my life. I have lived with you in complete satisfaction. If I am gone, learn to love again."

Somehow, Scott's letter quieted JoAnne's demons. Since that day, she has felt at peace—with his death, with whatever life brings in the years ahead. She has also come to terms with the way her husband died, reassuring herself that the brilliant light in the sky was Scott's plane instantaneously exploding. She's convinced he had no fear, no indication that those moments were his last. "I'm a survivor. I have to be—I have two kids," she says. "It's what Scott wanted."

"My daddy's in heaven"

Since her husband's death, JoAnne has received hundreds of letters from strangers offering their condolences and their prayers. And the other Navy families—her friends and Scott's—have formed her closest network of support. "They're just like me," she says. "They're able to act normal. They don't have to worry about not knowing what to say."

JoAnne's children, too, seem to be slowly growing accustomed to their father's absence. But that does not mean they have forgotten: Michael routinely points toward a photo on the living-room wall and says, "Daddy." And on one recent morning, JoAnne asked Meghan if she understood that the *Saratoga* would return and that the other daddies would come home. Meghan answered matter-of-factly, "But my daddy won't, right? My daddy's in heaven." JoAnne smiled sadly at her daughter and said, "That's right."

Later, JoAnne says, "I'm at peace. I feel like it's over, and he is in a better place. I would have been angry if he died in a car crash. This was his life, and Scott wouldn't have wanted it any other way."

What will she say when her children ask about their father? JoAnne doesn't hesitate for a moment. "I'll tell them he was a good man. That he loved them very much and he didn't like to leave. That he loved his job, he loved to fly, he loved his country and he loved God. That he was doing what he had to do. That they should be very proud of him, because he's a hero." ■

Kathryn Casey is a contributing editor of Ladies' Home Journal.

Anne put some snap in her beans.

Microwave prepared Good Seasons® Dressing in the cruet for 30 seconds at high. Cruet may be hot. Pour over hot cooked vegetables.
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MEDICAL MIRACLES

continued from page 138

engineers at Techmedica, Inc., a medical-devices manufacturer in Camarillo, California, to design the world's first expandable rib cage. They fed his measurements into a computer and made a set of two expandable titanium ribs, which look like telescoping curtain rods with a curve.

Shortly after the toddler's second birthday, doctors inserted Chris's new ribs, hooking them onto his own partially formed ribs at the collarbone and the waist.

About once a year, as Chris grows, he'll undergo an outpatient procedure to extend his high-tech ribs. Campbell will make a small incision at the waist and insert a surgical device that will open the ribs up a notch. In about three years, when the ribs can no longer expand enough for Chris's size, Campbell plans to move several ribs from his left side to his right. Chris will then have almost a complete set of full-size ribs on each side.

With further refinements, Campbell predicts that expandable titanium ribs may someday help children whose ribs are severely crushed in car accidents, and children suffering from cancer of the chest wall.

Meanwhile, Chris is doing so well that last June, his tracheotomy tube was removed. Gus and Monica can now experience the pleasure of taking their son to the playground along with his new baby sister, Emily. The little boy had been in a preschool for handicapped children, but now, Monica reports proudly, his teachers have decided that he's ready to go into a regular preschool. "Chris is very strong willed," she says. "That's what got him through all this."

Says heart patient Vita Barber, "I'm looking forward to another thirty years!"

WIRED AT HEART

Two years ago, Vita Barber threw a party for family and friends, calling it her own wake. Vita, a thirty-nine-year-old former Internal Revenue Service tax auditor from Paradise, California, recalls, "I told everybody I wanted them to enjoy themselves while I could still have a good time with them."

Vita had been suffering for four years from idiopathic dilated cardiomyopathy, resulting in an enlarged, weakened heart that was not pumping properly. Vita consulted several cardiologists, who put her on an assortment of medications. Yet her heart deteriorated to the point where she was always tired and short of breath. Eventually, she had to quit working, and she was hospitalized twice for congestive heart failure.

But when doctors suggested that a heart transplant might be Vita's only chance for survival, she hesitated. Aside from the risks involved and the possible lengthy wait for a donor, she was concerned about the operation's aftereffects. "I wasn't convinced that people who survive transplants feel that great afterward," she says. "I wanted to find another option." She did—after reading a newspaper article about dogs that were treated with heart-muscle pumps. Thinking that perhaps they were using similar devices on humans, Vita wrote to the scientists mentioned in the article. They told her that while they were working only with animals, they did know of some doctors who might be able to help. They referred her to George Magovern, Sr., M.D., the chairman of the department of surgery at Pittsburgh's Allegheny General Hospital. Magovern and his colleagues are the only doctors in the U.S. performing cardiomyoplasty on humans—an experimental muscle-flap procedure utilizing both heart surgery and muscle grafting techniques.

After discussing it with her husband, Bill, a data-processing manager, and their two teenage children, Vita became the ninth American ever to have the revolutionary procedure performed. First, doctors disconnected one end of her left latissimus dorsi (a broad back muscle) from the pelvic bone and reconnected it to her ribs and chest. Then they wrapped the muscle around her heart and sutured it directly to the heart's surface. Next, they implanted in her abdomen a cardiomyostimulator—a pacemaker designed to train the inert back muscle to contract in harmony with Vita's heart. The cardiomyostimulator sends bursts of electricity to the back muscle, which receives the signals through a wire threaded through the muscle. Once the back muscle is electrically conditioned, it undergoes biochemical and physical changes that make it function just like cardiac muscle. This procedure expanded the pumping capacity of Vita's malfunctioning heart.

Today, Vita feels great. She can do anything she wants—except lifting heavy objects, a movement that requires the latissimus dorsi. In fact, she plans to resume one of her favorite pastimes, square dancing. And since her wake party was such a success, she is going to throw a party every year from now on. "I'm looking forward to another thirty or forty good years," Vi says, "and I believe this operation wi give me that."

THE AMAZING BABY-SAVING MACHINE

Coming into the world wasn't easy f Sammy Florencio Gutierrez, who w born January 27, 1989, at John Mu Hospital, in Walnut Creek, Californi During labor, Sammy inhaled son amniotic fluid, which lodged in h lungs, clogging them and making difficult for him to breathe. Althoug he was given oxygen, Sammy was e periencing pulmonary hypertension, condition in which there is abnormal high pressure inside the arteries a veins of the lungs.

Within an hour, the infant w placed on a ventilator, but the pre sure from the machine caused his rig lung to collapse. Later that day, resp ratory failure set in—Sammy was d ing from a dangerously low level oxygen in his blood.

He was immediately rushed to nea by Oakland Children's Hospital, whi is one of about fifty U.S. medical ce ters equipped with a device called a extracorporeal membrane oxygenat (ECMO). The device, a lifesaver f critically ill infants, consists of thr main components: a blood-pumpi system, an artificial lung and a hea ing unit. Before the machine w turned on, two catheters were inserte into blood vessels in Sammy's nec The first removed oxygen-starve blood from his body and fed it into th ECMO system. The blood was the pumped into the artificial lung, whi did the work of the lungs by pumpi oxygen in and removing carbon dio ide. Next, the blood was pump through the heating unit, brou back to body temperature and rout back into Sammy's bloodstream v the second catheter.

Within hours of being placed ECMO, Sammy looked better; he r mained hooked to the device for fo days while his lungs cleared a healed enough for him to breathe his own.

ECMO is reserved only for the mo seriously ill babies who can't be save by other means. That's because it i volves major surgery, and there's risk of various problems, including s rious hemorrhaging from an anticlo ting drug that must be given alo with the procedure. However, babi who are placed on a ventilator—t other option for many infants Sammy's condition—usually must r main on the machinery (continue

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MEDICAL MIRACLES
continued

for one to three months, and may end up with irreversible lung damage. (Sammy was lucky; except for slight hearing loss caused by ECMO, today he's a healthy, active three-year-old.)

In addition to playing with his toys nonstop, "he climbs on me all the time," says his dad, Simeon, proudly.

THE REFRIGERATED MAN

One day in April, two years ago, Frank Flanagan, a sixty-year-old electrician from Great Neck, New York, bent to lift a heavy pipe and felt his ears pop. He became so dizzy and nauseated, he had to be rushed to a hospital.

A CAT scan revealed the presence of an aneurysm—a bulge in a blood-vessel wall—that had started to leak blood. If aneurysms rupture and hemorrhage, they can paralyze or kill.

Normally, surgeons open the skull and place a metal clamp at the base of an aneurysm; after the clamp seals the artery wall, surgeons deflate the aneurysm. But they couldn't do that in Frank's case, because his aneurysm was so large that clipping it might have damaged other blood vessels.

Frank was rushed to Columbia Presbyterian Medical Center, in New York City, which has a well-known neurosurgery department. There, a team led by neurosurgeon Robert Solomon, M.D., performed an innovative procedure that allowed them to stop blood flow, thereby reducing the risk of the aneurysm's rupturing. First, doctors placed Frank in a state of suspended animation by drastically lowering his body temperature. Frank's metabolic processes slowed, decreasing his organs' need for oxygen and blood.

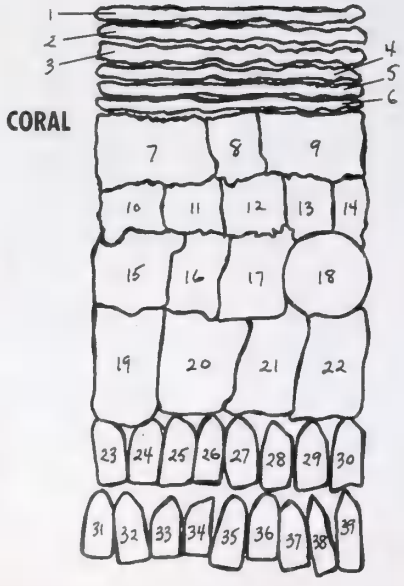
Physicians hooked Frank up to a heart/lung bypass machine, which routed his blood to an external cooling unit. The cooled blood was then recirculated through his body. When Frank's temperature dipped to 64.4°F., and his blood pressure was zero, the doctors knew they could operate without the risk of inducing a hemorrhage. They opened his skull, clamped the artery wall and collapsed the aneurysm. Gradually, his blood was warmed, and his body's systems reactivated.

Frank is one of fewer than a hundred people in the world to undergo this procedure so far. Now retired, he is able to enjoy his home and family again. "My wife has a list a mile long of things for me to do," says Frank. "I used to say, 'Yes, yes, I'll get to it tomorrow.' But now, tomorrow's here." ■

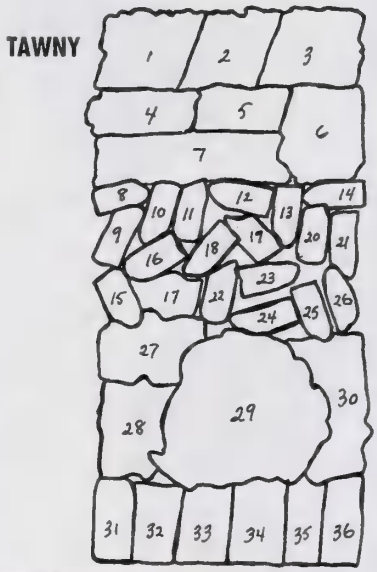
Ann Ferrar, a Manhattan–based writer, contributes frequently to LHJ.

THE LOOK OF SUMMER
continued from page 152

TAWNY 1. Revlon Overtime Shadow in Foliage 2. Revlon Overtime Shadow in Naturals 3. Avon Silk Finish Eyeshadow Trio Collection in Java Jade, Morning Sun and Tiger Lily 4. Cover Girl Pro-Colors Shadow in Autumn Haze 5. Maybelline Blooming Colors Eye Shadow in Willow 6. Max Factor Visual Eyes Picture Perfect Shadow in Cafe au Lait 7. Aziza Color & Care in Eco-Tints 8. Cover Girl Luminesse Lipstick in Honey Satin 9. Ultima II The Nakeds Lipchrome #1 10. Maybelline Revitalizing Color Lipstick in Sultry Suede 11. Elizabeth Arden Luxury Moisture Lipstick in Peach Glace 12. L'Oréal Creme Riche Lipstick in Hot Pepper 13. Charles of the Ritz Powderful Lipstick in Grand Café 14. Revlon Super Lustrous Sheer Lipcolor in Nude 15. Clarion Precision Lipcolor in Hazelnut 16. Maybelline Long Wearing Lipstick in Misty Mocha 17. Cover Girl Lip Advance Lasting Lipcolor in Cappuccino 18. Cover Girl Continuous Color Lipstick in It's Your Mauve 19. Maybelline Moisture Whip Lipstick in Sugar Plum Ice 20. Ultima II Super Luscious Lipstick in Natural Cocoaberry 21. Clarion Lasting Color Lipstick in Delicate Peach 22. Cover Girl Luminesse Lipstick in Shimmering Shell 23. Ultima II The Nakeds Lipchrome #5 24. Lancôme Hydra-Riche Hydrating Creme LipColour in Rose Charmante 25. Clinique Semi Lipstick in Crystal Quince 26. Maybelline Moisture Whip Lipstick in Golden Sienna 27. L'Oréal Microblush Softly Sheer Cheekcolor in Brunelle 28. Ultima II The Nakeds Cheek Color #2 29. Prescriptives Powder Pastels in Warm Tones 30. Estée Lauder Just Blush! Eye and Cheek Powder in Gingerblush 31. L'Oréal Perle Nail Enamel in Heated Bronze 32. Maybelline Long Wearing Nail Color with Glyoxal in Sugar Plum Ice 33. Yves Saint Laurent Vernis Laque Nail Lacquer #66 34. Revlon Crystalline Sheer Nail Enamel in Pure Nude 35. Elizabeth Arden Luxury Nail Color in Beach Pebble 36. Estée Lauder Perfect Finish Nail Lacquer in Just Blush Sheer



PINK 1. L'Oréal Colour Supreme Lipstick in Classic Pink Ultima II Lipchrome in Catnap 3. L'Oréal Colour Supreme Lipstick in Light Pink 4. Coty '24' Creme Lipstick in Cor Pink 5. Revlon Color Memory Velvet Matte Lipstick in Velo Violet 6. Coty '24' Creme Lipstick In Lasting Pink 7. Maybe line Moisture Whip Lipstick in Riviera Pink 8. Christian D Lipstick Discret #234 9. Lancôme Rouge Superbe Lasti Creme LipColour in Tender Orchid 10. Revlon Color Memo Lipstick in Pinkish 11. Ultima II Matte+ in Silicon Valley Cover Girl Luminesse Lipstick in Silk Champagne 13. Maybe line Sheer Accents Lipstick in Sheerly Pink 14. L'Oréal Colo Supreme Lipstick in Vibrant Pink 15. Maybelline Slim E gance Lipstick in Twilight Pink 16. Givenchy Lipstick in Ros Pink #11 17. L'Oréal Colour Supreme Lipstick in Crystal Pi 18. Lancôme Rouge Superbe Lasting Creme LipColour Framboise 19. Ultima II Lipchrome in Soft Focus 20. Cov Girl Continuous Color Lipstick in Rose Quartz 21. L'Oré Microblush Softly Sheer Cheekcolour in Chamois Rose 2 Max Factor Satin Blush BrushOn in Watermelon 23. Revl Sheer Face Color in Sheer Pink 24. Ultima II The Nakeds Ri Powder #1 25. Maybelline Brush/Blush II in Pink Chiffon/So Heather 26. Chanel Powder Blush in Mauve Turbulent 27. C nique Young Face Powder Blusher in Cheeky Pink 28. Cov Girl Pro-Colors Shadow in Classic Navy 29. Max Factor Visu Eyes Picture Perfect Shadow in Grey Flannel 30. L'Oré Couleur! Couleur! in Bleu Douceur Colours 31. Lancôme Crayon Waterproof Creme EyeColour in Pacifique 32. La côme Le Crayon Khol in Black Iris 33. Maybelline Natu Accent Eye Pencil in Gray Mist 34. Revlon Sheer Nail Enam in Pink Nude 35. Lancôme Nail Lacquer in Lilac Whisper 3 Lancôme Nail Lacquer in Pink Begonia 37. Maybelline Lo Wearing Nail Color with Glyoxal in Misty Pink 38. Yves Sai Laurent Vernis Laque Nail Lacquer #37 39. Maybelline Re talizing Color for Nails in Blush 40. Maybelline Revitalizi Color for Nails in Parisian Pink 41. L'Oréal 10 Day N Enamel in Peony



CORAL 1. Max Factor Maxi One-Coat in Seashell Coral Yves Saint Laurent Vernis Laque Nail Lacquer #52 3. M Factor Maxi One-Coat in Sunwashed Coral 4. Elizabeth Ard Luxury Nail Color in Pink Coral 5. Givenchy Nail Lacquer Coral #7 6. L'Oréal 10 Day Nail Enamel in Poppy 7. Guerla Ombre et Couleur Powder Eyeshadow Duo in Bleu Danube Lilas 8. Yves Saint Laurent Eye Shadow Powder Duo #101 Lancôme Maquiriche CremePowder EyeColour Duet in Pêch Raisin 10. Avon Lots O'Lash in Sapphire 11. Yves Sai Laurent Conditioning Mascara #4 12. Clinique Daily E Treat in Violet Light 13. Clinique Supermascara in Supernat 14. Aziza Perfect Performing Penliner in Perfect Navy 1 Prescriptives Creme-On Cheekcolor in SunBerry 16. Revl PowderCreme Blush in SunPeach 17. Max Factor Maxi-Fres Blush in Castaway Coral 18. Chanel Powder Blush in Peac Flame 19. Max Factor Maxi-Fresh Blush in Gentle Pink 2 Revlon Sheer Face Color in Sheer Peach 21. Givenchy Powd Blush in Apricot 22. Revlon Naturally Glamorous Blush-On California Sunshine 23. Ultima II Lipchrome in Switch 2 Max Factor Maxi Soft Lustre Long Lasting Lipstick in Su washed Coral 25. L'Oréal Creme Riche Lipstick in Poppy 2 Coty '24' Creme Lipstick in Tangerine 27. Prescriptives Rou for Lips in Orange Pop 28. Givenchy Lipstick in Coral #18 2 Maybelline Moisture Whip Lipstick in Sun Kissed Melon 3 Revlon Super Lustrous Sheer Lipcolor in Clearly Coral 31. Co '24' Creme Lipstick in Pure Strawberry 32. Revlon Mo Drops Lipstick in Hot Coral 33. Lancôme Nutrix Lip Balm Teint Coral 34. Elizabeth Arden Luxury Lipstick in Mango 3 Estée Lauder Perfect Lipstick in Perfect Coral 36. Givenc Lipstick in Coral #17 37. Coty '24' Creme Lipstick in Rich Coral 38. Mary Kay Countryside Colors Waterproof Lip Co Crayon in Peach Blossom 39. Mary Kay Countryside Colo Waterproof Lip Color Crayon in Tea Rose

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LAST LAUGHS

The gardener's lament

You pull 'em, spray 'em,
Chop 'em . . . *whack!*
Medusa-like
They grow right back.

You dig 'em up
And smoke 'em out;
The more you fight
The worse they sprout.

Do you recall,
While planting seeds,
Laying eyes upon
a pack called "Weeds"?

—Linda Holt

FAMILY PLOTS

TV SHOWS THAT STRIKE CLOSE TO HOME

60 Minutes The time it takes to get my three-year-old daughter out of the tub and into her clothes.

America's Funniest People What my five-year-old son and seven-year-old daughter think they are when they sink low in their chairs and lob peas at each other across the dinner table.

thirtysomething What I tell everyone I am—and not because I'm embarrassed. Between dentist appointments, overdue library books and various birthdays, how can a mother remember her *own* date of birth?

Unsolved Mysteries Where are my car keys? Who left the refrigerator door open? And why are the years flying by so quickly?

—Linda Chiara

FRANCIE® by Sherrie Shepherd

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OUT OF THE MOUTHS OF BABES

My four-year-old daughter kept peeking into the living room as I wrapped a gift for my neighbor's surprise party. When I told her to mind her own business, she put her hands on her hips and said, "How can I, Mommy? I don't even have a job!" *—Anna Mason, Warwick, RI*

Our five-year-old, Travis, was staying at his best friend's house one weekend. After a while the boys became irritable and began to fight. "Did you hit my son, Travis?" his friend's mother asked. "Yes, ma'am," he said. When she asked him why, Travis replied, "Well, some days I'm a good boy, and some days I'm not." *—Diane H. Watts, Mountainair, NM*

During my young son's yearly physical exam, the nurse handed the doctor a wooden tongue depressor. Before the doctor could use it, Glen said, "Hey, what happened to the ice cream?" *—Lisa Gordon, Hillsdale, NJ*

COMING IN July

Alan Richardson

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